



MAPA DE AULAS VIVAGYM LOURES



INICIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
06:30							
07:00	V-POWER	V-BOXING	V-POWER	CYCLING	CROSS WOD		
07:15		CYCLING			V-BOXING		
07:30							
07:45							
08:00	ABS	ABS	ABS	ABS	ABS		
08:30	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
08:30							
09:00	ABS	ABS	ABS	ABS	ABS	VIRTUAL CYCLE	VIRTUAL CYCLE
09:30	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
09:30							
09:45						HYBRID WOD	HYBRID WOD
10:00	ABS	ABS	ABS	ABS	ABS		
10:00	ABS	ABS	ABS	ABS	ABS		
10:00			YOGA		PILATES		
10:15		PILATES					
10:30	GAP			YOGA		CYCLING	CYCLING
10:30	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
11:30	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	YOGA	VIRTUAL CYCLE
12:30	CYCLING					VIRTUAL CYCLE	VIRTUAL CYCLE
12:30							
12:45		V-BURN	V-POWER	V-POWER			
13:00					CROSS WOD		
13:00					CYCLING		
13:15	V-POWER	CYCLING					
13:30				CYCLING		VIRTUAL CYCLE	VIRTUAL CYCLE
14:00							
14:30	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	
15:00							
15:30	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	
16:00							
16:30	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	
17:30	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	
17:45	V-BOXING						
18:00			PILATES				
18:00							
18:15		CROSS WOD	HYBRID WOD				
18:30	V-FIGHT				DANCE	VIRTUAL CYCLE	
18:45	CYCLING		CYCLING		CYCLING		
19:00		CYCLING	V-POWER				
19:00	ABS	ABS	ABS	ABS	ABS		
19:30	V-POWER	DANCE				VIRTUAL CYCLE	
19:30			CYCLING	CYCLING			
19:45	CYCLING				V-FIGHT		
20:00		V-POWER		YOGA			
20:15	VIRTUAL CYCLE	CYCLING	CYCLING	VIRTUAL CYCLE	VIRTUAL CYCLE		
20:30							
20:30	YOGA						
21:00	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
21:30							



TREINAR MUDA TUDO



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.



O USO DE TOALHA É OBRIGATORIO.



NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INICIO DA AULA.

CORPO E MENTE	CYCLING	COREOGRAFIA
CORPO E MENTE VIRTUAL	CYCLING VIRTUAL	FUNCIONAL
CARDIO	TONIFICAÇÃO	ABDOMINAIS
CARDIO VIRTUAL	TONIFICAÇÃO VIRTUAL	

RESERVA A TUA VAGA NA ÁREA CLIENTE EM www.vivagym.pt OU APP