



MAPA DE AULAS VIVAGYM MASSAMÁ



DATA DE INÍCIO: 1/09

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45				V-FIGHT			
07:00	V-POWER	GAP	CYCLING				
07:15					HYBRID WOD		
07:45				V-POWER			
08:00	CYCLING	CROSS WOD	V-BURN				
08:00		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-FIGHT	VIRTUAL CYCLING
10:00	3B	ABS	PILATES	YOGA	FIT MOVES	V-POWER	
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:00	ABS	PILATES	ABS	ABS	ABS	CYCLING	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	ZUMBA	VIRTUAL CYCLING
12:30	V-POWER	3B	CYCLING	HYBRID WOD	GAP		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:00			YOGA	V-POWER			
18:00				VIRTUAL CYCLING			
18:15	V-FIGHT	V-MIND	CYCLING		PILATES		
18:30	CYCLING	CYCLING		V-RUN	HYBRID WOD		
19:00	ABS	ABS	ABS	PILATES			
19:00			V-POWER	CYCLING			
19:15	V-POWER	GAP			V-POWER		
19:15	CYCLING	HYBRID WOD	HYBRID WOD		CYCLING		
19:30	HYBRID WOD	CYCLING		HYBRID WOD			
20:00			CYCLING				
20:00			3B	DANCE			
20:15	V-MIND				V-FIGHT		
20:30		V-POWER					
20:30	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		



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