



MAPA DE AULAS VIVAGYM OLIVAIS



DATA DE INÍCIO: 1/09

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	V-POWER	E1 45'	V-POWER	E1 45'	CYCLING	E2 45'	
08:30		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	E2 45'	
09:15	HYBRID WOD	BOX 30'	V-MIND		HYBRID WOD	BOX 30'	
10:00		VIRTUAL CYCLING					VIRTUAL CYCLING
10:00	CYCLING	E2 45'	V-POWER	E1 45'	CYCLING	E2 45'	YOGA
10:15						HYBRID WOD	BOX 30'
10:30	PILATES	E1 45'	HYBRID WOD	BOX 30'	YOGA	E2 45'	
11:00			V-BOXING	BOX 30'	V-MIND	E1 45'	V-BOXING
11:00						V-POWER	E1 45'
12:00						CYCLING	E2 45'
12:45	V-POWER	E1 45'	CYCLING	E2 45'	V-POWER	E1 45'	HYBRID WOD
13:00			V-BURN	E1 45'	CYCLING	E2 45'	
16:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING
17:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING
18:00	V-POWER	E1 45'	V-POWER	E1 30'	V-MIND	E1 45'	YOGA
18:00		CYCLING	E2 30'	CYCLING	E2 45'		
18:45	CYCLING	E2 45'	PILATES	E1 45'			
18:45		V-BOXING	BOX 30'				
19:00	V-BURN	E1 30'	V-BURN	E1 45'	GAP	E1 30'	V-BOXING
19:00	HYBRID WOD	BOX 30'	HYBRID WOD	BOX 30'			
19:30		HYBRID WOD	BOX 30'				
19:45	GAP	E1 45'	CYCLING	E2 45'	CYCLING	E2 45'	V-POWER
20:00			V-POWER	E1 45'			
21:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING



TREINAR MUDA TUDO



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



O USO DE TOALHA É OBRIGATÓRIO.



NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO 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

