



MAPA DE AULAS

VIVAGYM VILA NOVA DE GAIA



INÍCIO	SEG	TER	QUAR	QUI	SEX	SÁB	DOM
07:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
07:15		V-BOXING	V-POWER	CYCLING	3B		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:30						V-RUN	
10:00	V-POWER	PILATES	V-BURN	CYCLING	PILATES		
10:00		VIRTUAL CYCLING					VIRTUAL CYCLING
10:30	ABS	ABS	ABS	ABS	ABS	CYCLING	
11:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING		
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00						ABS	ABS
12:45	3B	HYBRID WOD	PILATES	V-POWER	V-BOXING		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	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	
16:30						V-POWER	
17:30	V-POWER	V-BURN	V-POWER	PILATES	YOGA		
17:30					CYCLING	CYCLING	
18:30	ABS	ABS	ABS	ABS	ABS		
18:30	CYCLING	CYCLING	CYCLING	CYCLING			
18:30	DANCE	V-BOXING	V-FIGHT	V-BURN	V-POWER		
19:00	CROSS WOD	HYBRID WOD	CROSS WOD	HYBRID WOD	VIRTUAL CYCLING	VIRTUAL CYCLING	
19:30	V-FIGHT	V-POWER	V-BURN	V-POWER	V-BOXING		
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	PILATES	3B	YOGA	V-BOXING			
20:30	ABS	ABS	ABS	ABS	ABS		
21:00	VIRTUAL CYCLING	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 INÍCIO DA AULA.

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

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