



MAPA DE AULAS



VIVAGYM VISEU

DATA INICIO: 1/09

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	VIRTUAL CYCLING	CYCLING	V-POWER	CYCLING	VIRTUAL CYCLING		
08:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	ABS		ABS			ABS	ABS
10:15	V-POWER	3B	V-FIGHT	YOGA	ZUMBA	CYCLING	VIRTUAL CYCLING
11:15	PILATES	CYCLING	CROSS WOD	V-BURN	3B	V-POWER	ABS
12:00		ABS		ABS	ABS		
12:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
12:45	V-POWER	HYBRID WOD	V-MIND				VIRTUAL CYCLING
13:15	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	
14:00	ABS		ABS			ABS	
14:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00		ABS		ABS	ABS		
17:15	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	
17:15	V-BURN	HYBRID WOD	V-POWER	ZUMBA	V-MIND		
18:00	3B	V-POWER	3B	HYBRID WOD	V-BURN		
18:15	VIRTUAL CYCLING			PILATES			
18:30		CYCLING	VIRTUAL CYCLING		CYCLING		
18:45	V-POWER		DANCE	CYCLING			
19:00		YOGA		V-FIGHT	VIRTUAL CYCLING		
19:15	HYBRID WOD	VIRTUAL CYCLING	HYBRID WOD	VIRTUAL CYCLING			
19:30	ZUMBA	CROSS WOD	V-FIGHT		V-POWER		
20:00	CYCLING		CYCLING	V-POWER			
20:15	PILATES	V-FIGHT					
21:15	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 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