



MAPA DE AULAS VIVAGYM COIMBRA

DATA: 1/10



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



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