



MAPA DE AULAS VIVAGYM ALVERCA



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

LANÇAMENTO DE NOVAS AULAS



DESDE 1 DE SETEMBRO



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.



V-BURN

TONIFICAÇÃO



V-POWER

TONIFICAÇÃO



V-FIGHT

CARDIO



V-MIND

CORPO E MENTE

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