



MAPA DE AULAS

VIVAGYM AVEIRO



FECHA INICIO: 1/10

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING	VIRTUAL CYCLING	V-POWER	CROSS WOD	VIRTUAL CYCLING	VIRTUAL CYCLING	
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
10:00	PILATES	ZUMBA	V-MIND	VIRTUAL CYCLING	PILATES	PILATES	
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	
10:30							CYCLING
10:45					ABS		
11:00	3B	V-BOXING	CROSS WOD	CYCLING	V-POWER	V-POWER	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	HYBRID WOD	
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
12:15				ABS			
12:30	ABS	ABS				VIRTUAL CYCLING	
12:45	V-BOXING	V-POWER	VIRTUAL CYCLING	V-BURN	HYBRID WOD		
13:15	VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
13:45		VIRTUAL CYCLING	VIRTUAL CYCLING		ABS	VIRTUAL CYCLING	
14:45							VIRTUAL CYCLING
15:30	VIRTUAL CYCLING	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30	ABS	VIRTUAL CYCLING		ABS			
16:30			VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	VIRTUAL CYCLING		3B	VIRTUAL CYCLING			
17:00							
17:30		VIRTUAL CYCLING	ABS		VIRTUAL CYCLING	VIRTUAL CYCLING	
17:45		V-BOXING	ZUMBA	V-MIND			
18:00	VIRTUAL CYCLING		HYBRID WOD	CYCLING	HYBRID WOD		
18:00			VIRTUAL CYCLING		PILATES		
18:15	V-BURN						
18:30		3B					
18:30						VIRTUAL CYCLING	
18:45		VIRTUAL CYCLING	PILATES	V-BURN			
19:00		V-RUN		CROSS WOD	ZUMBA		
19:00					CYCLING		
19:15	V-POWER	V-BURN					
19:15		HYBRID WOD					
19:30	CYCLING		CYCLING	V-RUN		VIRTUAL CYCLING	
19:30	CROSS WOD						
19:45			V-POWER	V-BOXING			
19:45				VIRTUAL CYCLING			
20:00		VIRTUAL CYCLING			V-POWER		
20:15	V-RUN						
20:15	YOGA	V-MIND					
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.

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