



MAPA DE AULAS VIVAGYM CACÉM



INICIO: 1/10

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45		CYCLING		CYCLING			
07:00	V-POWER		V-BOXING		VIRTUAL CYCLING		
09:00	V-MIND	V-POWER	HYBRID WOD	VIRTUAL CYCLING			
09:00		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
10:00	V-BURN	ZUMBA	VIRTUAL CYCLING	V-MIND	V-POWER	ZUMBA	
10:00						CYCLING	CYCLING
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	V-BURN
12:00						PILATES	VIRTUAL CYCLING
12:30	CYCLING	V-BOXING	V-BURN	VIRTUAL CYCLING	V-POWER		
13:15	V-POWER	HYBRID WOD	CYCLING	V-BOXING	V-MIND	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	ABS	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00		VIRTUAL CYCLING					
18:00	V-BURN	V-MIND	V-POWER	V-BOXING	CYCLING		
18:15	CYCLING	VIRTUAL CYCLING	CYCLING	HYBRID WOD	V-BURN		
18:15	HYBRID WOD	HYBRID WOD		VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING
19:00	PILATES	V-POWER		V-MIND	PILATES		
19:15			ZUMBA				
19:30	HYBRID WOD	ABS	HYBRID WOD				
19:45		CYCLING		CYCLING			
20:00	V-POWER	ZUMBA		V-BURN	VIRTUAL CYCLING		
20:15	VIRTUAL CYCLING		V-BOXING				
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