



MAPA DE AULAS VIVAGYM CAMPO PEQUENO



DATA DE INÍCIO: 1/10

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER			FIT MOVES			
07:15	VIRTUAL CYCLING	VIRTUAL CYCLING	V-MIND	VIRTUAL CYCLING	V-POWER		
07:30		V-FIGHT					
07:45	V-BURN						
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:15							PILATES
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:15							V-BURN
10:30						3B	
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	STRETCHING	
12:15			GAP		PILATES	VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	CROSS WOD	V-MIND	FIT MOVES	PILATES			
13:00	GAP	CYCLING			FIT MOVES		
13:15	CYCLING	HYBRID WOD	STRETCHING	HYBRID WOD	GAP		
13:15		ZUMBA	CYCLING				
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS		
17:15	V-POWER	3B		3B	V-POWER		
17:30			V-POWER				
18:00	ZUMBA	V-POWER		V-BURN	V-FIGHT		
18:15	HYBRID WOD		PILATES				
18:30		CROSS WOD					
18:45		V-BURN	FIT MOVES	HYBRID WOD			
19:00	CYCLING		CYCLING				
19:00	PILATES			V-POWER			
19:15		CYCLING	V-POWER		ZUMBA		
19:30		ZUMBA					
19:45	ABS	ABS	ABS	ABS	ABS		
20:00	GAP						
20:15	VIRTUAL CYCLING	VIRTUAL CYCLING	ZUMBA	V-FIGHT	VIRTUAL CYCLING		
21:30	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 OBRIGATORIO.



NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INÍCIO DA AULA.

CORPO E MENTE

CARDIO

CYCLING

TONIFICAÇÃO

CORPO E MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICAÇÃO VIRTUAL

FUNCIONAL

COREOGRAFIA

ABDOMINAIS

RESERVA A TUA VAGA NA ÁREA CLIENTE EM www.vivagym.pt OU APP