



MAPA DE AULAS

VIVAGYM PARQUE DAS NAÇÕES



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER	CYCLING	CROSS WOD	BOX	CYCLING	V-BURN	
07:30	VIRTUAL CYCLING		HYBRID WOD	BOX		VIRTUAL CYCLING	
08:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	V-POWER
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES
12:00	ABS	ABS	ABS	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING
12:45	V-POWER	CYCLING	V-POWER	HYBRID WOD	V-BURN	VIRTUAL CYCLING	VIRTUAL CYCLING
13:30	VIRTUAL CYCLING	V-MIND	VIRTUAL CYCLING	GAP	VIRTUAL CYCLING		
14:30	ABS	VIRTUAL CYCLING	ABS	ABS	ABS		
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:30	ABS	ABS	ABS	ABS	ABS	V-BURN	
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30	ABS	ABS	ABS	ABS	ABS		
17:00	YOGA	GAP	V-FIGHT	YOGA	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:45	VIRTUAL CYCLING	VIRTUAL CYCLING	ABS	ABS	VIRTUAL CYCLING		
18:00	V-POWER	PILATES	V-POWER	CYCLING	HYBRID WOD	VIRTUAL CYCLING	
18:15	ABS	CROSS WOD	ABS	V-BURN	PILATES		
18:45	HYBRID WOD	ABS	CYCLING	VIRTUAL CYCLING	CYCLING		
19:00	CYCLING	V-POWER	ZUMBA				
19:15	V-BURN	CYCLING	HYBRID WOD	V-POWER	V-POWER		
20:00	V-MIND	V-FIGHT	GAP	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		



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