



MAPA DE AULAS VIVAGYM SACA VEM



INICIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:00	V-POWER	CROSS WOD	CYCLING	GAP	CROSS WOD		
07:45		HYBRID WOD					
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	ABS	ABS	ABS	ABS	ABS	V-POWER	PILATES
10:15	GAP	V-MIND	V-FIGHT	V-POWER	STRETCHING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	YOGA	VIRTUAL CYCLING
13:15	V-POWER	CYCLING	GAP	V-FIGHT	V-BURN		
14:00	VIRTUAL CYCLING	ABS	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	VIRTUAL CYCLING	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS		
18:00	VIRTUAL CYCLING	V-MIND	VIRTUAL CYCLING	CROSS WOD	GAP	VIRTUAL CYCLING	
18:00	V-POWER	CYCLING	ABS	V-BURN	VIRTUAL CYCLING		
18:15	CROSS WOD	VIRTUAL CYCLING	V-POWER	ABS	ABS		
18:45	ABS		ABS	HYBRID WOD			
19:00	HYBRID WOD	ABS		ZUMBA	V-MIND	VIRTUAL CYCLING	
19:00	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING		
19:00	V-FIGHT	ZUMBA	V-POWER				
19:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	ABS		
20:00	V-MIND	V-POWER	V-BURN	V-MIND	V-POWER		
20:00	CYCLING	ABS	ABS	ABS	ABS		
20:15	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

LANÇAMENTO

DE NOVAS

AULAS

DESDE 1 DE SETEMBRO

V-BURN

TONIFICAÇÃO

V-POWER

TONIFICAÇÃO

V-FIGHT

CARDIO

V-MIND

CORPO E MENTE



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