



MAPA DE AULAS VIVAGYM SANTOS



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

LANÇAMENTO DE NOVAS AULAS

DESDE 1 DE SETEMBRO



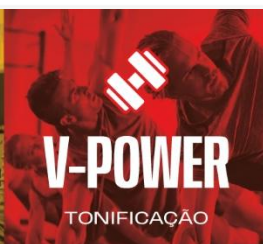
A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.



O USO DE TOALHA É OBRIGATORIO.



NÃO PODERÁ ENTRAR NA SALA APÓS 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