



MAPA DE AULAS VIVAGYM TRINDADE



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	CYCLING	V-POWER	PILATES	V-POWER			
07:30		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	ABS	ABS	ABS	ABS	ABS	V-POWER	
10:30		PILATES	CROSS WOD	PILATES			
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
12:30	PILATES	YOGA	V-BURN	V-POWER	FIT MOVES		
12:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
13:15	3B		PILATES	3B	PILATES		
15:00	VIRTUAL CYCLING	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	VIRTUAL CYCLING
17:30	CROSS WOD	3B	PILATES	3B			
18:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	
18:15	V-POWER	PILATES	3B	PILATES	PILATES		
19:15	CYCLING	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
19:15	V-BURN	V-POWER	V-POWER	DANCE	3B		
20:00	ABS	ABS	ABS		YOGA		
20:15	PILATES	V-FIGHT		V-FIGHT			
20:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:15	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