



MAPA DE AULAS VIVAGYM ANTAS



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