



MAPA DE AULAS VIVAGYM AMADORA



DATA DE INÍCIO: 1/10

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	CYCLING	HYBRID WOD	V-POWER	GAP	PILATES		
07:15		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00		VIRTUAL CYCLING		VIRTUAL CYCLING		V-POWER	
11:00	V-MIND	V-BOXING	PILATES	V-FIGHT	CROSS WOD	ZUMBA	VIRTUAL CYCLING
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	V-POWER	V-FIGHT	CYCLING	CROSS WOD	V-BOXING		
15:00	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	
17:15		ABS		ABS			
17:30	V-BURN	PILATES	GAP	ZUMBA	CROSS WOD		
18:15	V-POWER	CYCLING	V-POWER	CYCLING	V-POWER	VIRTUAL CYCLING	
18:15	HYBRID WOD						
18:30	ABS	V-BURN	ABS	V-MIND	HYBRID WOD		
18:30		CROSS WOD					
19:00	CROSS WOD	ABS	V-FIGHT	ABS			
19:00	CYCLING		CYCLING				
19:15	GAP		V-BOXING		PILATES		
19:15					CYCLING		
19:30		V-POWER		V-POWER			
19:30		HYBRID WOD					
19:45	ABS		ABS				
20:00	ZUMBA		ZUMBA				
20:15		V-MIND					
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 OBRIGATÓRIO.



NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INÍCIO 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