



MAPA DE AULAS VIVAGYM VILA NOVA DE GAIA



FECHA INICIO: 1/10

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
07:15		V-BOXING	V-POWER	CYCLING	3B		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:30						PILATES	
10:00	V-POWER	PILATES	V-BURN	CYCLING	PILATES		
10:00		VIRTUAL CYCLING					VIRTUAL CYCLING
10:30	ABS	ABS	ABS	ABS	ABS	CYCLING	
11:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING		
11:30						V-BOXING	
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00						ABS	ABS
12:45	3B	HYBRID WOD	PILATES	V-POWER	V-BOXING		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	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	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30						V-POWER	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
17:30	V-POWER	V-BURN	V-POWER	PILATES	YOGA		
17:30					CYCLING	CYCLING	
18:00	ABS	ABS	ABS				
18:30	CYCLING		CYCLING				
18:30	DANCE	V-BOXING	V-FIGHT	V-BURN	V-POWER		
18:45		CYCLING		CYCLING			
19:00	CROSS WOD	HYBRID WOD	CROSS WOD		VIRTUAL CYCLING	VIRTUAL CYCLING	
19:30	V-FIGHT	V-POWER	V-BURN		V-BOXING		
19:45				V-POWER			
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	PILATES	3B	YOGA				
21:00	ABS	ABS	ABS	ABS	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 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



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09:30						PILATES	
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10:00		VIRTUAL CYCLING					VIRTUAL CYCLING
10:30	ABS	ABS	ABS	ABS	ABS	CYCLING	
11:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING		
11:30						V-BOXING	
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
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17:30					CYCLING	CYCLING	
18:00	ABS	ABS	ABS				
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21:00	ABS	ABS	ABS	ABS	ABS		
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CORPO E MENTE VIRTUAL	CYCLING VIRTUAL	FUNCIONAL
CARDIO	TONIFICAÇÃO	ABDOMINAIS
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