



MAPA DE AULAS VIVAGYM ALFRAGIDE ZONA COMERCIAL



DATA INÍCIO: 01/10

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	V-POWER	YOGA		V-FIGHT		
07:00				V-BURN			
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	YOGA	
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	V-BURN
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	HYBRID WOD	CYCLING
12:15	V-POWER	PILATES	CYCLING	V-POWER	HYBRID WOD		
12:30						VIRTUAL CYCLING	VIRTUAL CYCLING
12:45	HYBRID WOD	CYCLING					
13:00			CROSS WOD		V-BURN		
13:15	CYCLING			CYCLING			
13:15		3B	V-POWER	PILATES			
13:30						VIRTUAL CYCLING	VIRTUAL CYCLING
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	V-POWER		CYCLING	3B			
18:15		3B	V-FIGHT				
18:45		HYBRID WOD			V-POWER		
19:00	ABS	ABS	ABS	ABS			
19:00	V-FIGHT	V-POWER		DANCE			
19:00	CYCLING				CROSS WOD		
19:15			HYBRID WOD				
19:15			V-POWER				
19:30		CYCLING					
19:45					PILATES		
20:00	DANCE	PILATES		YOGA			
20:00	CROSS WOD						
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 OBRIGATORIO.



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