



MAPA DE AULAS VIVAGYM LEIRIA



DATA INICIO: 1/11

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