



MAPA DE AULAS VIVAGYM LEIRIA



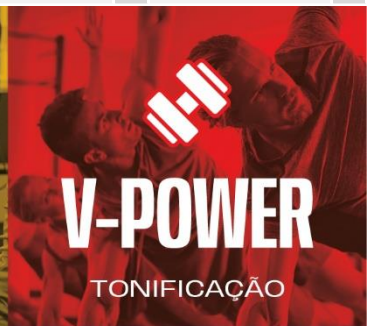
FECHA INICIO: 1/10

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