



# MAPA DE AULAS

## VIVAGYM Amoreiras



INICIO: 1/11

| INICIO | SEGUNDA         | TERÇA           | QUARTA          | QUINTA          | SEXTA           | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00  | CROSS WOD       | V-POWER         | CROSS WOD       | V-POWER         | CROSS WOD       |                 |                 |
| 07:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 07:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         |                 |                 |
| 07:45  | HYBRID WOD      | V-BURN          | HYBRID WOD      | V-BURN          | HYBRID WOD      |                 |                 |
| 08:00  | GAP             | HYBRID WOD      | GAP             | ABS             | ABS             |                 |                 |
| 08:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | V-BOXING        | VIRTUAL CYCLING |                 |                 |
| 09:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 10:00  | ABS             | ABS             | ABS             | ABS             | ABS             | V-POWER         | HYBRID WOD      |
| 10:30  | V-MIND          | YOGA            | CROSS WOD       | V-MIND          | YOGA            | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 11:00  | ABS             | ABS             | ABS             | ABS             | ABS             | V-BOXING        | GAP             |
| 11:45  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | YOGA            |
| 12:00  | ABS             | ABS             | ABS             | ABS             | ABS             | ABS             | ABS             |
| 12:15  | V-BOXING        | GAP             | VIRTUAL CYCLING | V-BOXING        | PILATES         |                 |                 |
| 12:30  | CYCLING         | VIRTUAL CYCLING | ABS             | HYBRID WOD      | VIRTUAL CYCLING |                 |                 |
| 12:45  | CROSS WOD       |                 | CROSS WOD       |                 | CROSS WOD       |                 |                 |
| 13:00  | V-POWER         | HYBRID WOD      | V-MIND          | V-POWER         |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 13:00  | ABS             | V-BURN          | ABS             | ABS             | ABS             |                 |                 |
| 13:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | CYCLING         |                 |                 |
| 13:15  |                 |                 |                 |                 | GAP             |                 |                 |
| 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 |                 |                 |
| 18:00  | HYBRID WOD      | ABS             | PILATES         | ABS             | ABS             |                 |                 |
| 18:15  | V-POWER         | V-BOXING        |                 | V-BURN          | CROSS WOD       |                 |                 |
| 18:30  | CYCLING         | VIRTUAL CYCLING | CYCLING         |                 | VIRTUAL CYCLING |                 |                 |
| 18:45  |                 | HYBRID WOD      |                 | HYBRID WOD      |                 |                 |                 |
| 19:00  | HYBRID WOD      | V-POWER         | HYBRID WOD      | V-POWER         | ABS             |                 |                 |
| 19:00  | ABS             | ABS             | ABS             | CYCLING         | VIRTUAL CYCLING |                 |                 |
| 19:15  | V-BURN          | CYCLING         | ZUMBA           | ABS             | PILATES         |                 |                 |
| 19:30  | VIRTUAL CYCLING | ABS             | VIRTUAL CYCLING | CROSS WOD       | VIRTUAL CYCLING |                 |                 |
| 20:00  | DANCE           | V-MIND          | ABS             | ABS             | GAP             |                 |                 |



- A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- O USO DE TOALHA É OBRIGATORIO.
- NÃO PODERÁ ENTRAR NA SALA APÓS 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](http://www.vivagym.pt) OU APP