



# MAPA DE AULAS VIVAGYM PICOAS

DATA INICIO: 1/11



| INICIO | SEGUNDA         |         | TERÇA           |         | QUARTA          |         | QUINTA          |         | SEXTA           |         | SÁB             |         | DOM             |         |  |
|--------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|--|
| 07:15  |                 |         | CYCLING         | E2 45'  | V-POWER         | E1 45'  |                 |         | CYCLING         | E2 45'  |                 |         |                 |         |  |
| 07:15  | VIRTUAL CYCLING | E2 45'  |                 |         | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |         |                 |         |                 |         |  |
| 07:30  |                 |         |                 |         |                 |         | CROSS WOD       | TOS 45' |                 |         |                 |         |                 |         |  |
| 07:45  | YOGA            | E1 45'  |                 |         |                 |         |                 |         |                 |         |                 |         |                 |         |  |
| 10:00  | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | CYCLING         | E2 45'  | YOGA            | E1 45'  |  |
| 10:15  |                 |         | YOGA            | E1 45'  |                 |         |                 |         | PILATES         | E1 45'  |                 |         |                 |         |  |
| 11:00  | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | V-POWER         | E1 45'  | VIRTUAL CYCLING | E2 45'  |  |
| 12:00  | V-POWER         | E1 45'  | 3B              | E1 30'  | ABS             | TOS 15' | ABS             | TOS 15' |                 |         | ABS             | TOS 15' | ABS             | TOS 15' |  |
| 12:30  | HYBRID WOD      | BOX 30' | ABS             | TOS 15' | V-BOXING        | E1 30'  | PILATES         | E1 45'  | V-POWER         | E1 45'  |                 |         |                 |         |  |
| 12:30  | ABS             | TOS 15' | CYCLING         | E2 30'  | PILATES         | E1 45'  | CYCLING         | E2 45'  |                 |         |                 |         |                 |         |  |
| 13:00  | YOGA            | E1 45'  | ABS             | BOX 15' |                 |         |                 |         |                 |         | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |  |
| 13:00  | CYCLING         | E2 45'  |                 |         | ABS             | TOS 15' |                 |         | ABS             | TOS 15' |                 |         |                 |         |  |
| 13:15  |                 |         | CROSS WOD       | TOS 30' | V-POWER         | E1 45'  | CROSS WOD       | TOS 30' | ZUMBA           | TOS 30' |                 |         |                 |         |  |
| 13:15  |                 |         | V-BURN          | E1 30'  | HYBRID WOD      | BOX 30' | V-MIND          | E1 45'  |                 |         |                 |         |                 |         |  |
| 13:15  |                 |         |                 |         | DANCE           | TOS 30' |                 |         |                 |         |                 |         |                 |         |  |
| 13:30  | ABS             | TOS 15' |                 |         |                 |         |                 |         | V-BOXING        | E1 30'  |                 |         |                 |         |  |
| 15:00  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |         |                 |         |  |
| 16:00  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |         |                 |         |  |
| 17:00  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |         |                 |         |  |
| 18:00  | 3B              | E1 30'  | VIRTUAL CYCLING | E2 45'  | V-POWER         | E1 30'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |         |                 |         |  |
| 18:15  |                 |         |                 |         |                 |         |                 |         | GAP             | E1 45'  |                 |         |                 |         |  |
| 18:30  | V-BURN          | E1 30'  | V-POWER         | E1 30'  |                 |         | YOGA            | E1 45'  |                 |         |                 |         |                 |         |  |
| 18:30  |                 |         | YOGA            | TOS 45' | GAP             | E1 30'  | ZUMBA           | TOS 30' |                 |         |                 |         |                 |         |  |
| 19:00  |                 |         |                 |         | ABS             | BOX 30' |                 |         | ABS             | TOS 15' |                 |         |                 |         |  |
| 19:00  | CYCLING         | E2 30'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |         |                 |         |  |
| 19:15  |                 |         | ABS             | TOS 15' | YOGA            | E1 45'  | V-POWER         | E1 30'  |                 |         |                 |         |                 |         |  |
| 19:15  | CROSS WOD       | TOS 30' | HYBRID WOD      | BOX 30' | V-FIGHT         | TOS 45' | HYBRID WOD      | BOX 30' | STRETCHING      | E1 45'  |                 |         |                 |         |  |
| 19:30  | PILATES         | E1 45'  |                 |         |                 |         |                 |         |                 |         |                 |         |                 |         |  |
| 20:00  |                 |         | ABS             | TOS 15' |                 |         |                 |         |                 |         |                 |         |                 |         |  |
| 20:00  | ABS             | TOS 15' | PILATES         | E1 45'  | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' |                 |         |                 |         |  |
| 20:00  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |         |                 |         |  |



## TREINAR



## MUDA TUDO



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

CARDIO

CYCLING

TONIFICAÇÃO

CORPO E MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICAÇÃO VIRTUAL

FUNCIONAL

COREOGRAFIA

ABDOMINAIS

RESERVA A TUA VAGA NA ÁREA CLIENTE EM [www.vivagym.pt](http://www.vivagym.pt) OU APP