



# MAPA DE AULAS

## VIVAGYM SÃO DOMINGOS DE RANA



INICIO: 1/11

| INICIO | SEGUNDA                | TERÇA                  | QUARTA                 | QUINTA                 | SEXTA                  | SÁBADO                 | DOMINGO                |
|--------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| 07:00  | V-POWER E1 45'         | CYCLING E2 45'         | 3B E1 45'              | V-FIGHT E1 45'         | 3B E1 45'              |                        |                        |
| 07:45  | HYBRID WOD BOX 30'     |                        | HYBRID WOD BOX 30'     |                        | HYBRID WOD BOX 30'     |                        |                        |
| 09:00  | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | CYCLING E2 45'         | V-FIGHT E1 45'         |
| 09:00  |                        |                        |                        |                        |                        | V-POWER E1 45'         | VIRTUAL CYCLING E2 45' |
| 10:00  | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | CROSS WOD E1 30'       | V-POWER E1 45'         |
| 10:30  | PILATES E1 45'         |                        |                        | PILATES E1 45'         |                        |                        |                        |
| 11:00  | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | HYBRID WOD BOX 30'     |                        |
| 11:30  |                        |                        |                        |                        |                        |                        | CYCLING E2 45'         |
| 12:00  |                        |                        |                        |                        | ABS TOS 15'            | ABS TOS 15'            | ABS TOS 15'            |
| 12:00  | ABS TOS 15'            |                        | ABS TOS 15'            |                        | PILATES E1 45'         | PILATES E1 45'         |                        |
| 12:30  | HYBRID WOD BOX 30'     | 3B E1 30'              | V-POWER E1 30'         | HYBRID WOD BOX 30'     | CYCLING E2 30'         |                        |                        |
| 13:00  | V-POWER E1 45'         |                        |                        |                        |                        | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 13:15  | VIRTUAL CYCLING E2 45' | PILATES E1 45'         | CYCLING E2 30'         | VIRTUAL CYCLING E2 45' | V-POWER E1 30'         |                        |                        |
| 16:00  | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |                        |
| 18:15  | DANCE E1 45'           |                        | 3B E1 30'              | DANCE E1 45'           | V-POWER E1 45'         |                        |                        |
| 18:30  | CYCLING E2 45'         | HYBRID WOD BOX 30'     |                        | CYCLING E2 45'         |                        |                        |                        |
| 18:30  | HYBRID WOD BOX 30'     | V-FIGHT E1 45'         |                        | HYBRID WOD BOX 30'     |                        |                        |                        |
| 19:00  |                        |                        | DANCE E1 45'           |                        |                        |                        |                        |
| 19:15  | 3B E1 30'              | CYCLING E2 45'         | CYCLING E2 45'         | CROSS WOD E1 30'       | PILATES E1 45'         |                        |                        |
| 19:30  |                        | V-POWER E1 45'         |                        |                        |                        |                        |                        |
| 20:00  | PILATES E1 45'         |                        | PILATES E1 45'         |                        |                        |                        |                        |
| 21:00  | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |                        |                        |

LANÇAMENTO  
**DE NOVAS  
AULAS**

DESDE 1 DE SETEMBRO

**V-BURN**  
TONIFICAÇÃO

**V-POWER**  
TONIFICAÇÃO

**V-FIGHT**  
CARDIO

**V-MIND**  
CORPO E MENTE



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO 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](http://www.vivagym.pt) OU APP