



MAPA DE AULAS VIVAGYM VILA NOVA DE GAIA



FECHA INICIO: 1/11

INÍCIO	SEG	TER	QUAR	QUI	SEX	SÁB	DOM
07:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
07:15		V-BOXING	V-POWER	CYCLING	3B		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:30	ABS	ABS	ABS	ABS	ABS	PILATES	
10:00	V-POWER	PILATES	V-BURN	CYCLING	PILATES		
10:00							VIRTUAL CYCLING
10:30						CYCLING	
11:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:30						V-BOXING	
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00						ABS	ABS
12:45	3B	HYBRID WOD	PILATES	V-POWER	V-BOXING		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30						V-POWER	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
17:30	V-POWER	V-BURN	V-POWER	PILATES	YOGA		
17:30					CYCLING	CYCLING	
18:00	ABS	ABS	ABS				
18:30	CYCLING	CYCLING	CYCLING				
18:45				CYCLING			
19:00	DANCE	V-BOXING	V-FIGHT	V-BURN	V-POWER		
19:00		HYBRID WOD	CROSS WOD		VIRTUAL CYCLING	VIRTUAL CYCLING	
19:30	V-FIGHT	V-POWER	V-BURN		V-BOXING		
19:45				V-POWER			
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	PILATES	3B	YOGA				
21:00	ABS	ABS	ABS	ABS	ABS		
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