



MAPA DE AULAS



VIVAGYM MASSAMÁ

DATA DE INÍCIO: 1/12

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45				V-FIGHT			
07:00	V-POWER	GAP	CYCLING				
07:15					HYBRID WOD		
07:45				V-POWER			
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-FIGHT	VIRTUAL CYCLING
10:00	3B	HYBRID WOD	PILATES	YOGA	FIT MOVES	V-POWER	
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:00	ABS	PILATES	ABS	ABS	ABS	HYBRID WOD	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	ZUMBA	VIRTUAL CYCLING
12:30	V-POWER	3B	CYCLING	HYBRID WOD	GAP		
13:00	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	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:00			YOGA	V-POWER			
18:00				VIRTUAL CYCLING	VIRTUAL CYCLING		
18:15	V-FIGHT	V-MIND	CYCLING		PILATES		
18:30	CYCLING	CYCLING			HYBRID WOD		
19:00	ABS	ABS	ABS	PILATES			
19:00			V-POWER	CYCLING			
19:15	V-POWER	GAP			V-FIGHT		
19:15	CYCLING	HYBRID WOD	HYBRID WOD		CYCLING		
19:30	HYBRID WOD	CYCLING		HYBRID WOD			
20:00			CYCLING				
20:00			3B	DANCE			
20:15	V-MIND				V-BURN		
20:30		V-POWER					
20:30	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		



- > 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.

CARDIO	CORPO E MENTE	FORÇA	FUNCIONAL
CYCLING	DANÇAS	ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.VIVAGYM.PT OU APP