



MAPA DE AULAS VIVAGYM ALVERCA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CROSS WOD	V-POWER	GAP	CYCLING	V-BOXING		
07:45	HYBRID WOD						
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00						V-POWER	CYCLING
10:15	FIT MOVES	V-MIND	V-POWER	PILATES	V-MIND		
10:30						CYCLING	
10:45	HYBRID WOD						
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	GAP	
11:15	ABS	ABS	ABS	ABS	ABS		ABS
11:45							YOGA
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	ABS	ABS
13:00	CYCLING	V-POWER	CYCLING	V-BURN	V-BOXING		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		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:15	V-POWER	V-BOXING	V-BURN	GAP	V-BOXING		
18:00		CROSS WOD	CROSS WOD			VIRTUAL CYCLING	
18:00	V-BURN	V-POWER	V-FIGHT	PILATES	PILATES		
18:15	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:30		HYBRID WOD	HYBRID WOD		HYBRID WOD		
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	V-FIGHT	PILATES	V-POWER	V-POWER	V-BURN		
19:30	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	CYCLING		
20:00	YOGA	ZUMBA	V-MIND	ZUMBA	V-POWER		
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

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 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