



MAPA DE AULAS

VIVAGYM SINTRA



DATA DE INÍCIO: 01/11

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	GAP	HYBRID WOD	CYCLING	PILATES		
06:45		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
07:30		HYBRID WOD	CROSS WOD				
07:45	CROSS WOD			FIT MOVES	VIRTUAL CYCLING		
08:15			VIRTUAL CYCLING				
08:30	VIRTUAL CYCLING			VIRTUAL CYCLING			
09:00	ABS	CYCLING	ABS	ABS		VIRTUAL CYCLING	VIRTUAL CYCLING
09:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
10:00		PILATES		PILATES	ABS		
10:15						GAP	
10:30	PILATES	ABS	FIT MOVES	ABS	FIT MOVES		VIRTUAL CYCLING
10:30	ABS		ABS				
11:00		VIRTUAL CYCLING				DANCE	
11:00				VIRTUAL CYCLING		CYCLING	
11:15	VIRTUAL CYCLING		YOGA		YOGA		
12:00						V-POWER	
12:15	V-POWER	GAP	VIRTUAL CYCLING	CYCLING	CYCLING		
12:15		VIRTUAL CYCLING					
12:30			V-POWER				
13:00	CYCLING				HYBRID WOD		
13:15		CROSS WOD	V-MIND	GAP		VIRTUAL CYCLING	VIRTUAL CYCLING
13:15				CROSS WOD			
14:00						ABS	ABS
16:00	ABS	ABS	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		ABS	ABS
17:00	ABS	ABS	ABS	ABS		VIRTUAL CYCLING	
17:15	PILATES		VIRTUAL CYCLING	VIRTUAL CYCLING			
17:15	VIRTUAL CYCLING						
18:00					CYCLING		
18:15	V-FIGHT	GAP	PILATES	CROSS WOD			
18:15	CYCLING	CYCLING	CYCLING	DANCE	V-BURN		
18:30				CYCLING			
19:00				HYBRID WOD	GAP		
19:00					DANCE		
19:15	V-POWER	HYBRID WOD	V-POWER	V-FIGHT		VIRTUAL CYCLING	
19:15		PILATES	DANCE				
19:15		CYCLING					
20:00	HYBRID WOD	CROSS WOD	CYCLING				
20:00	CYCLING			ABS	YOGA		
20:00					ABS		
20:15			YOGA				
20:15			ABS				
21:00		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		



- A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO POR RAZOES EXTERNAS.
- O USO DE TOALHA E 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	CÓREOGRAFIA	ABDOMINAIS	

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