



MAPA DE AULAS

VIVAGYM ROMA - AREEIRO



INICIO: 1/12

INICIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM	
07:30	V-POWER	E2 45'			V-BURN	E2 45'								
09:30	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'
10:00											V-POWER	E2 45'		
10:30	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'				
11:00			PILATES	E2 45'			PILATES	E2 45'			ZUMBA	E2 45'		
12:30	V-BURN	E2 30'	HYBRID WOD	BOX 30'	V-POWER	E2 30'	HYBRID WOD	BOX 30'	V-POWER	E2 30'	ABS	TOS 15'	ABS	TOS 15'
12:45														
13:00	ABS	TOS 15'			V-FIGHT	E2 30'			ABS	TOS 15'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'
13:15			ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'						
14:30	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'				
17:30	HYBRID WOD	BOX 30'												
18:00	ABS	TOS 15'	V-FIGHT	E3 45'	V-POWER	E2 45'	V-FIGHT	E3 45'						
18:15	DANCE	E2 45'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	V-POWER	E2 45'				
18:30			CYCLING	E1 45'			CYCLING	E1 45'						
18:45	CYCLING	E1 45'												
19:00	ABS	TOS 15'	V-POWER	E2 45'	HYBRID WOD	BOX 30'	ZUMBA	E2 45'	ABS	TOS 15'				
19:15	V-POWER	E2 45'	ABS	TOS 15'	3B	E2 30'	ABS	E2 15'	3B	E2 30'				
19:45	HYBRID WOD	BOX 30'			V-BURN	E2 30'	V-POWER	E2 45'	VIRTUAL CYCLING	E1 30'				
20:00			3B	E2 45'										
20:00	VIRTUAL CYCLING	E1 30'			VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'						



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