



MAPA DE AULAS

VIVAGYM MARQUÊS DE POMBAL



INICIO: 1/11

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