



MAPA DE AULAS

VIVAGYM OEIRAS



DATA DE INICIO: 01 / 12

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER	CYCLING	V-MIND	CYCLING	V-POWER		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:00		VIRTUAL V-POWER		VIRTUAL V-POWER		V-RUN	
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL V-POWER
10:30	PILATES		V-POWER				
10:30							
11:00						V-MIND	VIRTUAL V-MIND
11:15				V-MIND			
11:30		YOGA			PILATES		
12:00						VIRTUAL CYCLING	VIRTUAL CYCLING
12:15	3B			CROSS WOD			
12:15					CYCLING		
12:30	CYCLING	V-BURN	CYCLING				
12:45							
13:00							
13:00				V-RUN			
13:15	VIRTUAL CYCLING	CYCLING		CYCLING	V-POWER		
13:30	V-POWER		HYBRID WOD				
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00						VIRTUAL V-BURN	VIRTUAL V-BURN
18:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
18:00					ZUMBA		
18:15	YOGA	ZUMBA	CYCLING				
18:30			3B				
18:45		HYBRID WOD					
18:45				CYCLING			
19:00						VIRTUAL V-MIND	VIRTUAL V-MIND
19:00				V-POWER	PILATES		
19:15	V-BURN						
19:15	V-RUN						
19:30		CROSS WOD	YOGA				
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-FIGHT	VIRTUAL CYCLING		
21:00	VIRTUAL V-POWER	VIRTUAL V-BURN	VIRTUAL V-POWER	VIRTUAL CYCLING	VIRTUAL V-BURN	VIRTUAL CYCLING	VIRTUAL CYCLING



O MELHOR PRESENTE:

CONTINUAR EM MOVIMENTO

BOAS FESTAS!





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

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