



# MAPA DE AULAS VIVAGYM MAIA



DATA INÍCIO: 1/11

| INÍCIO | SEG             | TER             | QUA             | QUI             | SEX             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 09:00  |                 |                 |                 | ABS             | ABS             |                 |                 |
| 09:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | YOGA            |                 |
| 10:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 11:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 12:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 12:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 12:45  | GAP             | PILATES         | GAP             | V-POWER         | HYBRID WOD      |                 |                 |
| 13:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 13:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 16:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 17:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 18:00  | 3B              | ZUMBA           | V-BURN          | V-POWER         | PILATES         |                 |                 |
| 18:15  | CYCLING         |                 |                 |                 | CYCLING         |                 |                 |
| 18:30  |                 | CYCLING         | CYCLING         | CYCLING         |                 |                 |                 |
| 18:45  | HYBRID WOD      | PILATES         | 3B              | V-FIGHT         |                 |                 |                 |
| 19:00  | V-POWER         |                 |                 |                 | ZUMBA           |                 |                 |
| 19:30  |                 | V-POWER         | PILATES         | V-BURN          |                 |                 |                 |
| 19:45  | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 20:00  | YOGA            |                 |                 |                 |                 |                 |                 |
| 20:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |



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](http://www.vivagym.pt) OU APP