



MAPA DE AULAS

VIVAGYM PARQUE DAS NAÇÕES



INICIO: 01/12

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

MELHOR
PRESENTE:
CONTINUAR EM MOVIMENTO
BOAS FESTAS!



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