



MAPA DE AULAS VIVAGYM LINDA-A-VELHA



FECHA INICIO: 1/01

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	VIRTUAL CYCLING	CROSS WOD	CROSS WOD		VIRTUAL CYCLING		
07:00	HYBRID WOD	VIRTUAL CYCLING	VIRTUAL CYCLING	V-MIND	HYBRID WOD		
07:30		V-BURN					
07:45	PILATES			VIRTUAL CYCLING			
09:30	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		V-POWER
10:00		VIRTUAL CYCLING		VIRTUAL CYCLING		DANCE	
10:30							CYCLING
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	
11:15							YOGA
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CROSS WOD	VIRTUAL CYCLING
12:15	V-BURN	PILATES	YOGA	PILATES	HYBRID WOD		
12:30	ABS	ABS	ABS	ABS			
13:00	DANCE	HYBRID WOD		HYBRID WOD	V-BURN	VIRTUAL CYCLING	
13:00	CROSS WOD		CROSS WOD				VIRTUAL CYCLING
13:15	VIRTUAL CYCLING	V-POWER	VIRTUAL CYCLING	V-POWER	VIRTUAL CYCLING		
17:45	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
18:00	ABS	ABS	ABS				
18:00	HYBRID WOD	HYBRID WOD	VIRTUAL CYCLING		VIRTUAL CYCLING		
18:15	V-POWER	V-FIGHT	3B		DANCE		
18:30			ABS	YOGA			
18:45				CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
19:00		ABS	V-POWER	V-POWER			
19:15	YOGA	V-MIND					
19:15	CYCLING	CROSS WOD	VIRTUAL CYCLING		V-MIND		
19:15	CROSS WOD		CROSS WOD				
19:30		CYCLING		V-FIGHT			
20:00			PILATES		VIRTUAL CYCLING		
20:15	V-FIGHT	3B			3B		
20:15	HYBRID WOD		VIRTUAL CYCLING	VIRTUAL CYCLING			



QUERER-SE MAIS COMEÇA AQUI

Reserva a tua aula na App VivaGym



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO 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