



# MAPA DE AULAS VIVAGYM VILA NOVA DE GAIA



INICIO: 02/01/2026

| INICIO | SEG             | TER             | QUA             | QUI             | SEX             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00  | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         |                 |                 |
| 07:15  |                 |                 | V-BOXING        |                 |                 |                 |                 |
| 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 |
| 09:30  | ABS             | ABS             | ABS             | ABS             | ABS             | PILATES         |                 |
| 10:00  | V-POWER         | PILATES         | V-POWER         | CYCLING         | PILATES         |                 | VIRTUAL CYCLING |
| 10:30  |                 |                 |                 |                 |                 | CYCLING         |                 |
| 11:00  | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |
| 11:30  |                 |                 |                 |                 |                 |                 |                 |
| 12:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 12:30  |                 |                 |                 |                 |                 | ABS             | ABS             |
| 12:45  | 3B              | HYBRID WOD      | PILATES         | V-POWER         | V-BOXING        |                 |                 |
| 13:00  |                 |                 |                 |                 |                 |                 |                 |
| 14:00  |                 |                 |                 |                 |                 |                 |                 |
| 15:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 15:30  |                 |                 |                 |                 |                 |                 |                 |
| 16:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 16:30  |                 |                 |                 |                 |                 |                 |                 |
| 17:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 17:30  | V-POWER         | V-BURN          | V-POWER         | PILATES         | YOGA            |                 |                 |
| 17:30  |                 |                 |                 |                 | CYCLING         |                 |                 |
| 18:00  | ABS             | ABS             | ABS             | ABS             | ABS             | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 18:30  | CYCLING         | CYCLING         | CYCLING         | CYCLING         |                 |                 |                 |
| 18:30  | DANCE           | V-BOXING        | V-FIGHT         | V-BURN          | V-POWER         |                 |                 |
| 19:00  | CROSS WOD       |                 | CROSS WOD       |                 |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:30  | V-FIGHT         | V-POWER         | V-BURN          | V-POWER         | V-BOXING        |                 |                 |
| 20:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 20:30  | PILATES         | 3B              | YOGA            |                 |                 |                 |                 |
| 21:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 21:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |



## QUERER-SE MAIS COMEÇA AQUI

Reserva a tua aula na App VivaGym



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