



MAPA DE AULAS VIVAGYM MASSAMÁ



DATA DE INÍCIO: 5/01

INÍCIO	SEG	TER	QUA	QUI	SEX	SAB	DOM
06:45				V-FIGHT			
07:00	V-POWER	GAP	CYCLING				
07:15					HYBRID WOD		
07:45				V-POWER			
08:00	CYCLING	CROSS WOD	GAP				
08:00		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00			CYCLING			V-FIGHT	
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	3B	HYBRID WOD	PILATES	YOGA	FIT MOVES	V-POWER	
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30						HYBRID WOD	
11:00		PILATES				V-MIND	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	ZUMBA	VIRTUAL CYCLING
12:30	V-POWER	3B	CYCLING	HYBRID WOD	GAP		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:15	HYBRID WOD						
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:45				V-POWER			
18:00	V-BURN		YOGA		PILATES		
18:00				VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:15		V-MIND	HYBRID WOD				
18:30	CYCLING	CYCLING		PILATES			
18:45	V-POWER		CYCLING	CYCLING	HYBRID WOD		
18:45				V-RUN			
19:00			HYBRID WOD				
19:00			3B		CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:15	HYBRID WOD	HYBRID WOD					
19:15		GAP					
19:30	V-FIGHT			GAP			
19:30	CYCLING	CYCLING		CYCLING			
19:45			V-BURN	HYBRID WOD			
19:45			CYCLING				
20:00		HYBRID WOD			VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
20:00							
20:15	V-MIND			DANCE			
20:30		V-POWER	V-FIGHT				
20:30	VIRTUAL CYCLING	VIRTUAL CYCLING	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