



MAPA DE AULAS VIVAGYM ANTAS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER			3B			
07:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:30	V-POWER	V-BURN		PILATES	3B	V-POWER	
10:30	CYCLING	3B	CYCLING	CYCLING	PILATES	CYCLING	CYCLING
11:30	YOGA		PILATES	V-POWER	CROSS WOD	YOGA	
13:00	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
17:00	3B	GAP	V-MIND	V-POWER	YOGA		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
18:00	V-FIGHT	V-MIND	V-POWER	PILATES	3B		
18:30	CYCLING	CYCLING	VIRTUAL CYCLING				
18:45			CYCLING	CYCLING			
19:00		CROSS WOD			PILATES		
19:00	V-BURN	YOGA	3B	V-FIGHT	CYCLING		
19:15	CYCLING						
19:15	HYBRID WOD		HYBRID WOD				
20:00	PILATES	V-POWER	V-BURN	GAP	ZUMBA		
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING



TREINAR MUDA TUDO



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