



MAPA DE AULAS

VIVAGYM LUMIAR



JANEIRO 2026

INICIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:00	CYCLING	V-POWER	HYBRID WOD	V-MIND	V-BURN		
07:15							
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	V-MIND	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING	GAP	V-POWER	CYCLING
10:30							
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30							
12:00						VIRTUAL CYCLING	VIRTUAL CYCLING
12:45	GAP	CROSS WOD	CYCLING	HYBRID WOD	PILATES		
12:45	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
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
17:45							
18:00	ZUMBA	GAP	V-POWER	PILATES	V-POWER	VIRTUAL CYCLING	VIRTUAL CYCLING
18:00	HYBRID WOD	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING		
18:30							
19:00	V-POWER			ZUMBA	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:00	CYCLING			CYCLING	PILATES		
19:15		V-BURN	VIRTUAL CYCLING				
19:15		CYCLING	HYBRID WOD				
19:30			V-BURN				
20:15	PILATES	V-POWER	CYCLING	GAP	ZUMBA		
20:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:15	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