



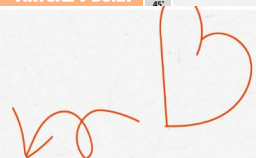
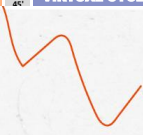
MAPA DE AULAS

VIVAGYM OEIRAS



DATA DE INICIO: 01 de janeiro

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER	CYCLING	V-MIND	CYCLING	V-POWER		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:00		VIRTUAL V-POWER		VIRTUAL V-POWER		V-RUN	PILATES
09:30				ABS			
10:00	ABS					CYCLING	V-BURN
10:30	PILATES		V-POWER		V-BURN		
10:30							
11:00				V-MIND		V-MIND	CYCLING
11:00							VIRTUAL V-MIND
11:15		YOGA			PILATES		
12:00			PILATES	CROSS WOD		VIRTUAL CYCLING	VIRTUAL CYCLING
12:15	3B				CYCLING		
12:30	CYCLING	V-BURN	CYCLING	V-POWER			
12:30	HYBRID WOD			CROSS WOD			
12:45		CROSS WOD		V-RUN			
13:00			ABS				
13:00			V-FIGHT				
13:15					V-BOXING		
13:15		CYCLING		CYCLING	V-POWER		
13:30	ABS	ABS					
13:30	V-POWER		HYBRID WOD				
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	ABS	ABS	ABS	ABS	ABS	VIRTUAL V-BURN	VIRTUAL V-BURN
18:00	ABS	ABS	ABS	ABS	ABS		
18:00		ZUMBA		3B	ZUMBA	VIRTUAL CYCLING	VIRTUAL CYCLING
18:00		CYCLING					
18:15	YOGA		CYCLING				
18:15	V-BOXING						
18:30	CYCLING		3B				
18:45		HYBRID WOD		CYCLING			
19:00	ABS	ABS	ABS	ABS		VIRTUAL V-MIND	VIRTUAL V-MIND
19:00		V-POWER		V-POWER	PILATES		
19:00				CROSS WOD			
19:15			V-RUN				
19:15	V-BURN		V-BOXING				
19:30	V-RUN	CROSS WOD	YOGA				
19:45				HYBRID WOD			
20:00		PILATES			CYCLING		
20:00				V-FIGHT			
20:45					HYBRID WOD		
21:00	VIRTUAL V-POWER	VIRTUAL V-BURN	VIRTUAL V-POWER	VIRTUAL CYCLING	VIRTUAL V-BURN		



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 OU APP