



MAPA DE AULAS



VivaGym FARO

DATA DE INÍCIO: 1/02

INÍCIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:15	CYCLING	V-CROSS	GAP	V-POWER	FIT MOVES		
07:15		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
08:00	ABS	ABS	ABS	ABS	ABS		
08:30							
09:15	FIT MOVES	PILATES		PILATES			
09:15	PILATES		PILATES	ZUMBA	PILATES	V-YOGA	
09:30			V-HYBRID			V-POWER	
09:30						CYCLING	CYCLING
10:15	V-YOGA			V-YOGA			
10:15	CYCLING	V-POWER	GAP	FIT MOVES			
10:30					CYCLING	GAP	
10:30						CYCLING	CYCLING
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		PILATES	
12:30	ABS	ABS	ABS	ABS	ABS		
13:00	V-HYBRID	PILATES	V-POWER	PILATES	VIRTUAL CYCLING		
13:45							
14h00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
14h30							
15h00		VIRTUAL CYCLING		VIRTUAL CYCLING			
15:00							
15:30							
16:00	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING		
17:00					VIRTUAL CYCLING		
17:15	V-YOGA	PILATES	V-MIND	GAP			
17:30							
17:30	ABS		ABS	ABS	GAP		
18:00		V-POWER	CYCLING				
18:00							
18:15	GAP	ZUMBA	V-POWER	CYCLING			
18:15				V-CROSS			
18:30				V-YOGA	FIT MOVES		
18:30		CYCLING					
19:00	V-POWER	V-FIGHT	CYCLING				
19:00	CYCLING						
19:15	ZUMBA		V-BURN	V-POWER			
19:15			PILATES		V-HYBRID		
19:30		V-CROSS					
19:30		CYCLING					
20:00	CYCLING		V-HYBRID				
20:00	V-BURN						
20:15							



- A GYMNASIUM BY VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- O USO DE TOALHA É OBRIGATORIO.
- NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.

CORPO E MENTE	CARDIO	CYCLING	TONIFICAÇÃO
CORPO E MENTE VIRTUAL	CARDIO VIRTUAL	CYCLING VIRTUAL	TONIFICAÇÃO VIRTUAL
FUNCIONAL	COREOGRAFIA	ABDOMINAIS	

RESERVA A TUA VAGA NA ÁREA CLIENTE NA APP
www.gymnasium.pt