



# MAPA DE AULAS

## VIVAGYM BENFICA



INICIO: 1/02

| INICIO | SEG             | TER             | QUA             | QUI             | SEX             | SAB          | DOM     |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|--------------|---------|
| 06:45  | CYCLING         | V-POWER         | PILATES         | V-BURN          | CYCLING         |              |         |
| 07:30  |                 | CYCLING         |                 |                 | V-POWER         |              |         |
| 08:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |              |         |
| 09:00  | ABS             | ABS             | ABS             | ABS             | ABS             |              |         |
| 09:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |              |         |
| 09:30  |                 | V-YOGA          |                 | V-YOGA          |                 |              |         |
| 10:00  |                 |                 | V-HYBRID WOD    |                 |                 | V-HYBRID WOD |         |
| 10:30  | PILATES         | GAP             | V-YOGA          | V-POWER         | PILATES         | PILATES      | V-POWER |
| 10:45  |                 |                 |                 |                 |                 | CYCLING      |         |
| 11:15  | ABS             | ABS             | ABS             | ABS             | ABS             |              |         |
| 11:30  | VIRTUAL CYCLING | VIRTUAL CYCLING |                 | VIRTUAL CYCLING | VIRTUAL CYCLING | V-POWER      | CYCLING |
| 12:15  | V-POWER         |                 | CYCLING         | PILATES         |                 |              |         |
| 12:30  |                 |                 |                 |                 |                 | V-YOGA       |         |
| 13:00  |                 | PILATES         |                 |                 | CYCLING         |              |         |
| 13:15  | CYCLING         |                 | GAP             | V-POWER         |                 |              |         |
| 14:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |              |         |
| 16:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |              |         |
| 17:00  | ABS             | ABS             | ABS             | ABS             | ABS             |              |         |
| 17:00  | GAP             |                 | V-FIGHT         |                 |                 | V-POWER      |         |
| 17:15  | VIRTUAL CYCLING | V-BURN          | VIRTUAL CYCLING | V-POWER         | PILATES         |              |         |
| 17:45  | ZUMBA           | VIRTUAL CYCLING | V-BURN          | VIRTUAL CYCLING |                 |              |         |
| 18:00  |                 | PILATES         |                 |                 |                 | CYCLING      |         |
| 18:15  |                 |                 |                 | V-MIND          | V-POWER         |              |         |
| 18:15  |                 |                 |                 |                 | CYCLING         |              |         |
| 18:30  | CYCLING         |                 | CYCLING         |                 |                 |              |         |
| 18:30  | V-HYBRID WOD    | V-HYBRID WOD    | V-MIND          |                 | V-HYBRID WOD    |              |         |
| 18:45  | V-POWER         |                 |                 |                 |                 |              |         |
| 19:00  |                 | CYCLING         |                 | CYCLING         |                 |              |         |
| 19:00  |                 | V-FIGHT         |                 |                 |                 |              |         |
| 19:15  |                 |                 |                 | GAP             | CYCLING         |              |         |
| 19:15  |                 |                 |                 |                 | ZUMBA           |              |         |
| 19:30  |                 |                 | V-POWER         |                 |                 |              |         |
| 19:45  | CYCLING         |                 | CYCLING         |                 |                 |              |         |
| 19:45  | V-BURN          |                 |                 |                 |                 |              |         |
| 20:00  |                 | GAP             |                 | V-FIGHT         |                 |              |         |
| 20:00  |                 | CYCLING         |                 | CYCLING         |                 |              |         |
| 20:15  |                 |                 |                 |                 | V-YOGA          |              |         |
| 20:30  | V-MIND          |                 | PILATES         |                 |                 |              |         |
| 20:45  |                 | V-MIND          |                 | V-BURN          |                 |              |         |

## QUERER-SE MAIS COMEÇA AQUI

Reserva a tua aula na App VivaGym



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO POR RAZOES EXTERNAS

O USO DE TOALHA E OBRIGATORIO.

NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INICIO 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 EM [www.vivagym.pt](http://www.vivagym.pt) OU APP