



MAPA DE AULAS VIVAGYM ALFRAGIDE ZONA COMERCIAL



DATA INÍCIO: 02/02

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	V-POWER	YOGA		V-FIGHT		
07:00				V-BURN			
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00						YOGA	
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00						CYCLING	V-BURN
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:00						V-POWER	CYCLING
12:15	V-POWER	PILATES	CYCLING	V-POWER	HYBRID WOD		
12:15			CROSS WOD				
12:45						VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	HYBRID WOD	CYCLING			V-BURN		
13:15		3B	V-POWER	PILATES			
13:15	CYCLING			CYCLING			
13:45						VIRTUAL CYCLING	VIRTUAL CYCLING
14:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	V-POWER	V-POWER		3B			
18:00		HYBRID WOD					
18:15			V-FIGHT				
18:15			CYCLING				
18:45	ABS	ABS			V-POWER		
19:00	V-FIGHT	3B		DANCE			
19:00	CYCLING	CYCLING	ABS	ABS	CROSS WOD		
19:15			V-POWER				
19:15			HYBRID WOD				
19:30					ABS		
19:45					PILATES		
20:00	DANCE	PILATES		YOGA			
20:00	CROSS WOD						
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		



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 INÍCIO 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