

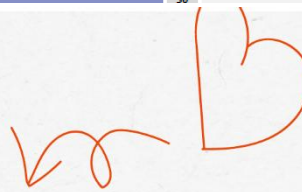
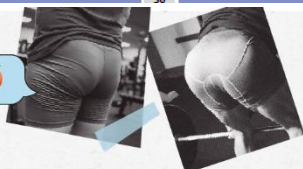


MAPA DE AULAS VIVAGYM ALFRAGIDE NORTE



DATA INICIO: 01/02/2026

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	V-CROSS	V-POWER	CYCLING	PILATES	V-POWER		
07:00							
07:30	CYCLING	V-MIND	V-BURN				
07:45							
08:00							
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-HYBRID	
09:30							
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	V-POWER
10:30							
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING	VIRTUAL CYCLING	V-BURN	V-MIND
11:30							
12:00							
12:15	V-POWER						
12:30		CYCLING	V-POWER	V-BURN	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	ABS	ABS	ABS	ABS	ABS		
13:15	PILATES	V-CROSS		V-CROSS			
13:30							
13:45							
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:00							
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:00							
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00							
17h30						VIRTUAL CYCLING	VIRTUAL CYCLING
17h45							
18:00	ABS	ABS	V-FIGHT	V-POWER	V-FIGHT		
18:15		V-HYBRID					
18:30	V-HYBRID	CYCLING				VIRTUAL CYCLING	VIRTUAL CYCLING
18:45	CYCLING	V-BURN	3B				
19:00	3B	ABS	CYCLING	V-CROSS	CYCLING		
19:15							
19:30						VIRTUAL CYCLING	VIRTUAL CYCLING
19:45	V-POWER	PILATES	DANCE	V-MIND	DANCE		
20:00							
20:15							
20:30	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 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