



MAPA DE AULAS VIVAGYM AMADORA



DATA DE INÍCIO: 1/02

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	CYCLING	V-HYBRID	V-POWER		PILATES		
07:15		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00		VIRTUAL CYCLING		VIRTUAL CYCLING		V-POWER	
11:00	PILATES	V-BOXING	PILATES	V-CROSS	V-HYBRID	ZUMBA	VIRTUAL CYCLING
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	V-POWER	V-BURN	CYCLING	V-HYBRID	V-BOXING		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:30	V-BURN	PILATES	V-POWER	ZUMBA	V-CROSS		
18:00	ABS		ABS	ABS			
18:15	V-POWER	CYCLING	GAP	CYCLING	V-POWER		
18:30	V-HYBRID	V-BURN	CYCLING	V-MIND	V-HYBRID		
18:30		V-CROSS					
19:00	CYCLING	ABS				VIRTUAL CYCLING	VIRTUAL CYCLING
19:15	GAP		V-BURN		V-MIND		
19:15	V-CROSS				CYCLING		
19:30		GAP	V-BOXING	V-POWER			
20:00	ABS	ABS	ABS	ABS			
20:00	ZUMBA		ZUMBA				
20:15		V-MIND		V-BOXING			
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 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