



MAPA DE AULAS VIVAGYM LINDA-A-VELHA



INÍCIO: 1/02

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