



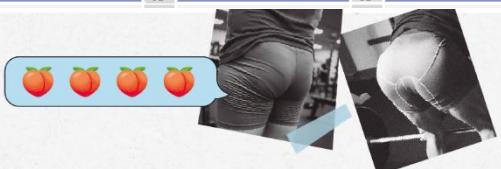
# MAPA DE AULAS

## VIVAGYM ALMIRANTE REIS



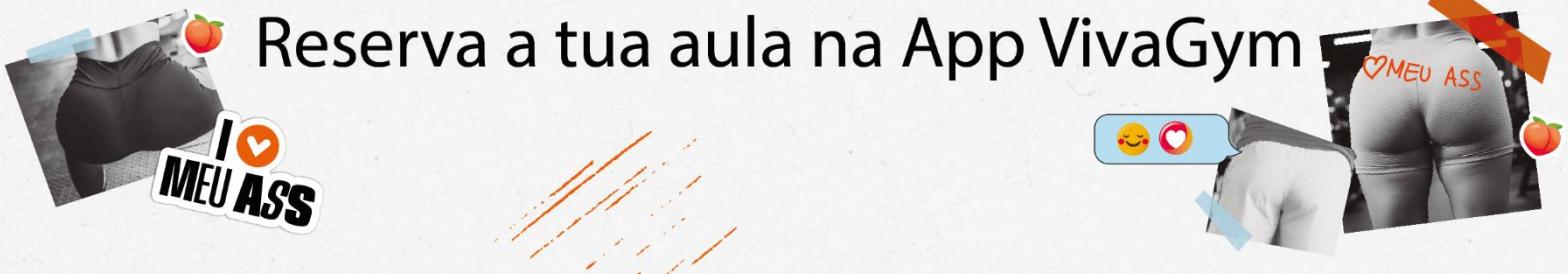
FECHA INICIO: 01/02

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	GAP E1 45'	PILATES E1 45'	CYCLING E2 45'	V-POWER E1 45'	V-HYBRID BO X E2 45'		
08:30	VIRTUAL CYCLING E2 45'						
10:00						V-POWER E1 45'	
10:15			E1 45'		E1 45'		V-HYBRID BO X
10:30	PILATES E1 45'		PILATES E1 45'		V-POWER E1 45'		
10:45						V-FIGHT E1 45'	
11:00							PILATES E1 45'
11:15		V-CROSS TO S		V-CROSS TO S			
12:00		GAP E1 45'	CYCLING E2 45'			VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'
12:15	V-MIND E1 45'		V-MIND E1 45'	V-BURN E1 45'	3B E1 30		
13:00	CYCLING E2 45'	V-POWER E1 45'			V-POWER E1 45'		
13:15	V-BURN E1 45'			V-FIGHT E1 45'			
15:00	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'					
16:00	VIRTUAL CYCLING E2 45'						
17:00	ABS TO S	V-MIND E1 45'	ABS TO S	ABS TO S	ABS TO S	VIRTUAL CYCLING E2 45'	
17:45	V-CROSS TO S		V-HYBRID BO X				
18:00	V-POWER E1 45'	V-BURN E1 30		V-POWER E1 30			
18:15		CYCLING E2 45'	ZUMBA E1 45'				
18:30	CYCLING E2 45'		V-CROSS TO S				
18:45		V-POWER E1 45'		V-BURN E1 30			
19:00	GAP E1 30						
19:00	V-HYBRID BO X						
19:15			V-POWER E1 45'	CYCLING E2 45'	DANCE E1 45'		
19:30				ZUMBA E1 45'			
19:45	ZUMBA E1 30	V-FIGHT E1 45'					
20:15			PILATES E1 45'		V-FIGHT E1 30		
20:30	PILATES E1 45'	DANCE E1 30		PILATES E1 45'			
21:00	VIRTUAL CYCLING E2 45'						



# 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 PODERA ENTRAR NA SALA APÓS 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	