



MAPA DE AULAS VIVAGYM LEIRIA



DATA INICIO: 01/02

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING	V-CROSS	V-BURN	GAP	FIT MOVES		
07:15							
07:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING				
09:30	VIRTUAL CYCLING			VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
10:00			ABS		ABS	FIT MOVES	
10:15	ABS	ABS	V-MIND	GAP	CYCLING		ABS
10:30	PILATES	V-BURN		ABS			VIRTUAL CYCLING
10:45							
11:00						CYCLING	
11:15							
11:30	VIRTUAL CYCLING	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	ABS	
13:00	V-POWER			V-BURN	ABS		
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:30	VIRTUAL CYCLING						
17:45	ABS		ABS	V-HYBRID		VIRTUAL CYCLING	
18:00	PILATES	V-POWER	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	CYCLING		V-MIND	CYCLING	V-FIGHT		
18:15				V-CROSS			
18:30			V-POWER		V-POWER		
18:30							
18:45	V-FIGHT	GAP	CYCLING				
18:45					VIRTUAL CYCLING	VIRTUAL CYCLING	
19:00		V-CROSS	GAP	V-BURN			
19:00					VIRTUAL CYCLING		
19:15	CYCLING	CYCLING				VIRTUAL CYCLING	
19:30	V-BURN		PILATES	DANCE	V-HYBRID		
19:30		V-MIND	V-HYBRID				
19:45		V-HYBRID					
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-YOGA		
20:15							
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