

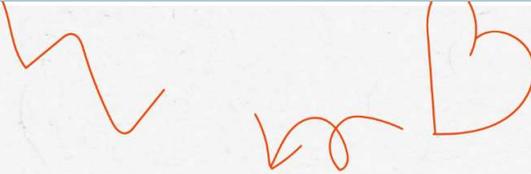


MAPA DE AULAS VIVAGYM MASSAMÁ



DATA DE INÍCIO: 02/01

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45				V-FIGHT			
07:00	V-POWER	GAP	CYCLING				
07:15					V-HYBRID		
07:45				V-POWER			
08:00	CYCLING	V-CROSS	GAP				
08:00		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00			CYCLING			V-FIGHT	
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	3B	V-HYBRID	PILATES	V-YOGA	FIT MOVES	V-POWER	
10:00	VIRTUAL CYCLING						
10:30						V-HYBRID	
11:00		PILATES				V-MIND	
11:00	VIRTUAL CYCLING						
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	ZUMBA	VIRTUAL CYCLING
12:30	V-POWER	3B	CYCLING	V-HYBRID	GAP		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	VIRTUAL CYCLING						
15:00	VIRTUAL CYCLING						
16:00	VIRTUAL CYCLING						
17:00	VIRTUAL CYCLING						
17:45				V-POWER			
18:00	V-BURN		V-YOGA		PILATES		
18:00					VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:15		V-MIND	V-HYBRID				
18:30	CYCLING	CYCLING		PILATES			
18:45	V-POWER		CYCLING	CYCLING			
19:00			V-HYBRID				
19:00			3B		CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:15	V-HYBRID	V-HYBRID					
19:15		GAP					
19:30	V-FIGHT			GAP			
19:30	CYCLING	CYCLING		CYCLING			
19:45			V-BURN				
19:45			CYCLING				
20:00		V-HYBRID			VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
20:15	V-MIND			DANCE			
20:30		V-POWER	V-FIGHT				
20:30	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 HORARIO 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