



# MAPA DE AULAS

## VIVAGYM COIMBRA

DATA INICIO: 1/02



| INICIO | SEG             |         | TER             |         | QUA             |         | QUI             |         | SEX             |         | SÁB             |        | DOM             |        |
|--------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|--------|-----------------|--------|
| 07:00  | V-POWER         | E1 45'  | V-FIGHT         | E1 45'  | FIT MOVES       | E1 30'  | CYCLING         | E2 45'  | V-POWER         | E1 45'  |                 |        |                 |        |
| 08:00  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  |                 |        |                 |        |
| 09:00  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  |                 |        |                 |        |
| 10:15  | 3B              | E1 30'  | V-HYBRID        | BOX 30' | ABS             | TOS 15' | V-POWER         | E1 30'  | V-BURN          | E1 30'  |                 |        |                 |        |
| 10:30  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | CYCLING         | E2 45' | V-POWER         | E1 45' |
| 11:00  | PILATES         | E1 45'  | V-MIND          | E1 45'  | ABS             | TOS 15' | V-MIND          | E1 45'  | ABS             | TOS 15' |                 |        |                 |        |
| 11:15  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | FIT MOVES       | E1 30'  | VIRTUAL CYCLING | E2 30'  | V-YOGA          | E1 45'  | V-POWER         | E1 45' | CYCLING         | E2 45' |
| 12:15  | CYCLING         | E2 45'  | V-POWER         | E1 45'  | CYCLING         | E2 45'  | V-BURN          | E1 45'  | V-FIGHT         | E1 45'  |                 |        |                 |        |
| 12:30  | VIRTUAL POWER   | E1 45'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL FIGHT   | E1 45'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | V-YOGA          | E1 45' |                 |        |
| 13:00  | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' |                 |        |                 |        |
| 14:00  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30' | VIRTUAL CYCLING | E2 30' |
| 15:00  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30' | VIRTUAL CYCLING | E2 30' |
| 16:00  | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | VIRTUAL BURN    | E1 45' | VIRTUAL POWER   | E1 45' |
| 17:30  | PILATES         | E1 45'  | VIRTUAL CYCLING | E2 30'  | V-HYBRID        | BOX 30' | ZUMBA           | E1 45'  | VIRTUAL CYCLING | E2 30'  | VIRTUAL CYCLING | E2 30' |                 |        |
| 17:45  |                 |         | V-POWER         | E1 30'  | V-FIGHT         | E1 30'  |                 |         | 3B              | E1 30'  | VIRTUAL FIGHT   | E1 45' |                 |        |
| 18:15  | V-CROSS         | BOX 30' |                 |         |                 |         |                 |         | V-HYBRID        | BOX 30' |                 |        |                 |        |
| 18:30  | CYCLING         | E2 45'  | FIT MOVES       | E1 30'  | ZUMBA           | E1 45'  | V-POWER         | E1 30'  | CYCLING         | E2 30'  | VIRTUAL V-MIND  | E1 45' |                 |        |
| 18:30  | V-POWER         | E1 30'  | VIRTUAL CYCLING | E2 30'  |                 |         |                 |         |                 |         |                 |        |                 |        |
| 18:45  |                 |         |                 |         | CYCLING         | E2 45'  | VIRTUAL CYCLING | E2 30'  | V-MIND          | E1 45'  |                 |        |                 |        |
| 19:15  | V-FIGHT         | E1 45'  | V-BURN          | E1 30'  |                 |         | V-FIGHT         | E1 30'  |                 |         |                 |        |                 |        |
| 19:30  | CYCLING         | E2 45'  | V-HYBRID        | BOX 30' | V-POWER         | E1 45'  | CYCLING         | E2 45'  | VIRTUAL CYCLING | E2 30'  |                 |        |                 |        |
| 19:30  | V-RUN           | E2 30'  | CYCLING         | E2 45'  |                 |         |                 |         | VIRTUAL POWER   | E1 45'  |                 |        |                 |        |
| 20:15  | VIRTUAL BURN    | E1 45'  | ZUMBA           | E1 45'  | VIRTUAL CYCLING | E2 30'  | PILATES         | E1 45'  | VIRTUAL FIGHT   | E1 45'  |                 |        |                 |        |



# 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 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 |             |

RESERVA A TUA VAGA NA ÁREA CLIENTE EM [www.vivagym.pt](http://www.vivagym.pt) OU APP