



MAPA DE AULAS VIVAGYM Amoreiras



DATA DE INÍCIO: 01 / 02

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-CROSS	V-POWER	V-CROSS	V-POWER	V-CROSS		
07:00	ABS	ABS	ABS	ABS	ABS		
07:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING		
07:45	V-HYBRID	V-BURN	V-HYBRID	V-BURN	V-HYBRID		
08:00	GAP	V-HYBRID	GAP	ABS	ABS		
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-BOXING	VIRTUAL CYCLING		
09:00	ABS	ABS	ABS	ABS	ABS		
10:00	ABS	ABS	ABS	ABS	ABS	V-POWER	V-HYBRID
10:30	V-MIND	V-YOGA	V-CROSS	V-MIND	V-YOGA	VIRTUAL CYCLING	VIRTUAL CYCLING
11:00	ABS	ABS	ABS	ABS	ABS	V-BOXING	GAP
11:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-YOGA
12:00	ABS	ABS	ABS	ABS	ABS	ABS	ABS
12:15	V-BOXING	GAP	VIRTUAL CYCLING	V-BOXING	PILATES		
12:30	CYCLING	VIRTUAL CYCLING	ABS	V-HYBRID	VIRTUAL CYCLING		
12:45	V-CROSS		V-CROSS		V-CROSS		
13:00	V-POWER	V-HYBRID	V-MIND	V-POWER		VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	ABS	V-BURN	ABS	ABS	ABS		
13:15	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING		
13:15					GAP		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	V-CROSS	ABS	V-MIND	ABS	ABS		
18:15	V-POWER	V-BOXING		V-BURN	V-CROSS		
18:30	CYCLING	VIRTUAL CYCLING	CYCLING		VIRTUAL CYCLING		
18:45		V-HYBRID		V-HYBRID			
19:00	V-HYBRID	V-POWER	V-HYBRID	V-POWER	ABS		
19:00	ABS	ABS	ABS	CYCLING	VIRTUAL CYCLING		
19:15	V-BURN	CYCLING	DANCE	ABS	PILATES		
19:30	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	V-CROSS	VIRTUAL CYCLING		
20:00	DANCE	V-MIND	ABS	ABS	GAP		



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 É OBRIGATORIO.



NAO PODERA ENTRAR NA SALA APOS 5 MINUTOS DO INICIO DA AULA.

CORPO E MENTE

CARDIO

CYCLING

TONIFICAÇÃO

CORPO E MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICAÇÃO VIRTUAL

FUNCIONAL

COREOGRAFIA

ABDOMINAIS

RESERVA A TUA VAGA NA ÁREA CLIENTE EM www.VIVAGYM.pt OU APP