



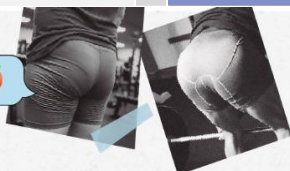
# MAPA DE AULAS



## VIVAGYM VISEU

INICIO: 1/02

| INICIO | SEG             | TER             | QUA             | QUI             | SEX             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:15  | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING |                 |                 |
| 08:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 09:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:00  | ABS             |                 | ABS             |                 |                 | ABS             | ABS             |
| 10:15  | V-POWER         | V-CROSS         | PILATES         | V-HYBRID        | ZUMBA           | CYCLING         |                 |
| 12:00  |                 | ABS             |                 | ABS             | ABS             |                 | ABS             |
| 12:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 13:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |
| 14:00  | ABS             |                 | ABS             |                 |                 | ABS             |                 |
| 14:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 16:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 17:00  |                 | ABS             |                 | ABS             | ABS             |                 |                 |
| 17:15  | VIRTUAL CYCLING |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |                 |
| 17:15  | 3B              | V-HYBRID        | V-POWER         | V-BURN          | CYCLING         |                 |                 |
| 18:00  | ZUMBA           | V-POWER         |                 |                 | V-MIND          |                 |                 |
| 18:15  |                 |                 | DANCE           | V-FIGHT         | VIRTUAL CYCLING |                 |                 |
| 18:30  | VIRTUAL CYCLING | CYCLING         |                 |                 |                 |                 |                 |
| 18:45  | V-POWER         |                 | VIRTUAL CYCLING |                 |                 |                 |                 |
| 19:00  |                 |                 |                 | VIRTUAL CYCLING | V-POWER         |                 |                 |
| 19:15  |                 | V-YOGA          | V-FIGHT         | V-POWER         | VIRTUAL CYCLING |                 |                 |
| 19:30  | V-HYBRID        |                 |                 |                 |                 |                 |                 |
| 19:45  | CYCLING         |                 | CYCLING         |                 |                 |                 |                 |
| 20:15  | PILATES         | VIRTUAL CYCLING |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 20:45  | 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](http://www.VIVAGYM.pt) OU APP