



MAPA DE AULAS VIVAGYM OLHÃO

DATA INÍCIO: 02/03



INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	CYCLING E1 45'		CYCLING E1 45'	PILATES E2 45'	CROSS WOD E1 45'		
08:10							
08:30							
09:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		PILATES E1 45'
09:30	FIT MOVES E1 30'	FIT MOVE E1 30'	PILATES E1 45'	FIT MOVES E1 30'	PILATES E1 45'		VIRTUAL CYCLING E2 45'
10:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	CYCLING E1 45'	V-POWER E1 45'
10:30	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'		
13:10	VIRTUAL CYCLING E2 45'	ABS TOS 15'		VIRTUAL CYCLING E2 45'	ABS TOS 15'		
16:30			VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'		
17:30	PILATES E1 45'	V-BURN E1 45'	V-POWER E1 30'	GAP E1 45'	PILATES E1 30'		
18:30	V-POWER E1 45'	FIT MOVES E1 30'	V-FIGHT E1 45'	V-BURN E1 45'	FIT MOVE E1 30'		
18:30	CYCLING E2 45'	CYCLING E2 45'	CYCLING E2 45'	VIRTUAL CYCLING E2 45'	CYCLING E2 45'		
19:30	FIT MOVE E1 30'	GAP E1 45'	FIT MOVES E1 30'	V-POWER E1 45'	ZUMBA E1 45'		
19:30	CYCLING E2 45'	VIRTUAL CYCLING E2 45'	CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'		
20:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		



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 INÍCIO 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