



# MAPA DE AULAS

## VIVAGYM SINTRA



DATA DE INÍCIO: 01/03

| INICIO | SEG             | TER             | QUA             | QUI             | SEX             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 06:45  | CYCLING         | GAP             | V-HYBRID        | CYCLING         | PILATES         |                 |                 |
| 06:45  |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |                 |                 |
| 07:30  |                 | PILATES         | V-CROSS         |                 |                 |                 |                 |
| 07:45  | FIT MOVES       |                 |                 | V-HYBRID        | VIRTUAL CYCLING |                 |                 |
| 08:15  |                 |                 | VIRTUAL CYCLING |                 |                 |                 |                 |
| 08:30  | VIRTUAL CYCLING |                 |                 | VIRTUAL CYCLING |                 |                 |                 |
| 09:00  | ABS             | VIRTUAL CYCLING | ABS             | ABS             |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 09:30  | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |                 |                 |
| 10:00  | V-CROSS         | PILATES         |                 | PILATES         | ABS             |                 |                 |
| 10:15  |                 |                 |                 |                 |                 | GAP             |                 |
| 10:30  | PILATES         | ABS             | FIT MOVES       | ABS             | FIT MOVES       |                 | VIRTUAL CYCLING |
| 10:30  |                 |                 | ABS             |                 |                 |                 |                 |
| 11:00  |                 | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |                 | DANCE           |                 |
| 11:00  |                 |                 |                 |                 |                 | CYCLING         |                 |
| 11:15  | VIRTUAL CYCLING |                 |                 |                 | V-YOGA          |                 |                 |
| 11:30  | ABS             |                 |                 |                 |                 |                 |                 |
| 12:00  |                 |                 |                 |                 |                 | V-POWER         |                 |
| 12:15  | V-POWER         | GAP             | VIRTUAL CYCLING | CYCLING         | CYCLING         |                 |                 |
| 12:15  |                 |                 |                 |                 |                 |                 |                 |
| 12:30  |                 |                 | V-POWER         |                 |                 |                 |                 |
| 13:00  | CYCLING         | CYCLING         |                 |                 | V-HYBRID        |                 |                 |
| 13:15  |                 | V-CROSS         | V-MIND          | GAP             |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 13:15  |                 |                 |                 | V-CROSS         |                 |                 |                 |
| 14:00  |                 |                 |                 |                 |                 | ABS             | ABS             |
| 16:00  | ABS             | ABS             | ABS             | ABS             | VIRTUAL CYCLING | ABS             | ABS             |
| 16:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |                 |
| 16:15  |                 |                 |                 |                 |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 17:00  | ABS             | ABS             | ABS             | ABS             |                 |                 |                 |
| 17:15  | PILATES         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 17:15  | VIRTUAL CYCLING |                 |                 |                 |                 |                 |                 |
| 17:30  |                 |                 |                 | STRETCHING      |                 |                 |                 |
| 18:00  |                 |                 |                 |                 | CYCLING         |                 |                 |
| 18:15  | V-FIGHT         | GAP             | PILATES         | DANCE           | GAP             |                 |                 |
| 18:15  | CYCLING         | CYCLING         | CYCLING         | CYCLING         |                 |                 |                 |
| 18:15  |                 |                 |                 | V-CROSS         |                 |                 |                 |
| 19:00  |                 |                 |                 | V-HYBRID        | V-POWER         |                 |                 |
| 19:00  |                 |                 |                 |                 | DANCE           |                 |                 |
| 19:15  | V-POWER         | V-HYBRID        | V-POWER         | V-BURN          |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:15  | V-HYBRID        | PILATES         | DANCE           |                 |                 |                 |                 |
| 19:15  |                 | CYCLING         |                 |                 |                 |                 |                 |
| 20:00  | V-CROSS         | V-CROSS         | CYCLING         |                 | V-MIND          |                 |                 |
| 20:00  | CYCLING         |                 |                 | ABS             | ABS             |                 |                 |
| 20:00  |                 |                 |                 |                 | VIRTUAL CYCLING |                 |                 |
| 20:15  |                 |                 | V-YOGA          |                 |                 |                 |                 |
| 20:15  |                 |                 | ABS             |                 |                 |                 |                 |
| 21:00  |                 | 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         | 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](http://www.VIVAGYM.pt) OU APP**