

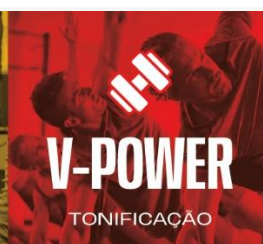


# MAPA DE AULAS VIVAGYM ALMADA



DATA DE INICIO: 01/ABR

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:30	V-POWER	CYCLING	V-POWER	CYCLING			
07:00					YOGA		
07:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
07:30	YOGA	V-POWER	V-METCON		V-BOXING		
08:00	ABS			ABS			
09:15	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	V-METCON	CYCLING	VIRTUAL CYCLING
09:30	V-MIND						GAP
10:00		PILATES		PILATES			
10:15						V-POWER	CYCLING
11:00	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	
11:15						GAP	V-POWER
12:00		VIRTUAL CYCLING		VIRTUAL CYCLING		PILATES	
12:30					V-POWER		VIRTUAL CYCLING
12:45	CYCLING	GAP	CYCLING	V-METCON			
13:00	ABS		ABS		ABS		
13:30		V-METCON	V-POWER	V-BOXING	CYCLING		
15:00	VIRTUAL CYCLING		VIRTUAL CYCLING			VIRTUAL CYCLING	
16:00		VIRTUAL CYCLING		VIRTUAL CYCLING			
16:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS		
18:00	V-POWER	V-POWER	ZUMBA	V-MIND	V-POWER		
18:15				VIRTUAL CYCLING			
18:30	CYCLING	V-METCON			CYCLING		
18:45	V-BOXING		CYCLING				
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	V-BURN	ZUMBA	V-POWER	V-POWER	V-BURN		
19:30			V-BOXING		V-BOXING		
19:30		CYCLING		CYCLING	VIRTUAL CYCLING		
19:45	CYCLING	V-MIND	VIRTUAL CYCLING		PILATES		
20:00	ABS		ABS	V-BURN	ABS		
20:00	PILATES			V-METCON			
20:30			YOGA				
20:45		V-POWER					
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		



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