



# MAPA DE AULAS VIVAGYM ALFRAGIDE ZONA COMERCIAL



DATA INÍCIO: 30/03

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	V-POWER	V-YOGA		V-FIGHT		
07:00				V-BURN			
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00						V-YOGA	
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00						CYCLING	V-BURN
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:00						V-POWER	CYCLING
12:15	V-POWER	PILATES	CYCLING	V-POWER	V-METCON		
12:45						VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	V-METCON	CYCLING			V-BURN		
13:15		3B	V-POWER	PILATES			
13:15	CYCLING		V-CROSS	CYCLING			
13:45						VIRTUAL CYCLING	VIRTUAL CYCLING
14:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	V-POWER	V-POWER		3B			
18:00		V-METCON					
18:15			V-FIGHT				
18:15			CYCLING				
18:45					V-POWER		
19:00	V-FIGHT	3B		DANCE			
19:00	CYCLING	CYCLING			V-CROSS		
19:15			V-POWER				
19:15			V-METCON				
19:45					PILATES		
20:00	DANCE	PILATES		V-YOGA			
20:00	V-CROSS						
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	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 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](http://www.VIVAGYM.pt) OU APP