



MAPA DE AULAS



VIVAGYM TAVIRA

FECHA INICIO: 01/04

| INICIO | SEG | TER | QUA | QUI | SEX | SÁB | DOM |
|--------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| 07:15 | | CYCLING E2 45' | | CYCLING E2 45' | | | |
| 08:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | |
| 08:30 | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' | PILATES E1 45' | | | |
| 08:45 | | PILATES E1 45' | | | | | VIRTUAL CYCLING E2 45' |
| 09:00 | | | GAP E1 30' | | FIT MOVES E1 30' | CYCLING E2 45' | |
| 09:30 | FIT MOVES E1 30' | | | V-POWER E1 45' | | | |
| 09:45 | | | | | | | |
| 10:00 | VIRTUAL CYCLING E2 45' | V-POWER E1 45' | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' | PILATES E1 45' | |
| 10:30 | PILATES E1 45' | | PILATES E1 45' | | PILATES E1 45' | | |
| 11:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | GAP E1 30' | VIRTUAL CYCLING E2 45' |
| 12:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | |
| 12:45 | | PILATES E1 45' | | | | | |
| 16:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | |
| 17:30 | PILATES E1 45' | PILATES E1 45' | GAP E1 30' | PILATES E1 45' | GAP E1 30' | | |
| 18:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | |
| 18:30 | GAP E1 45' | V - CROSS E1 45' | CYCLING E2 45' | | | | |
| 18:30 | | | PILATES E1 45' | | PILATES E1 45' | | |
| 19:00 | | | | V - CROSS E1 45' | | | |
| 19:15 | CYCLING E2 45' | CYCLING E2 45' | | CYCLING E2 45' | CYCLING E2 45' | | |
| 19:30 | | | | | | | |
| 20:00 | | | | | | | |
| 20:00 | | | | | | | |
| 20:30 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | | |

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 OU APP