



MAPA DE AULAS VIVAGYM AMADORA



DATA DE INÍCIO: 01/04

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



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