

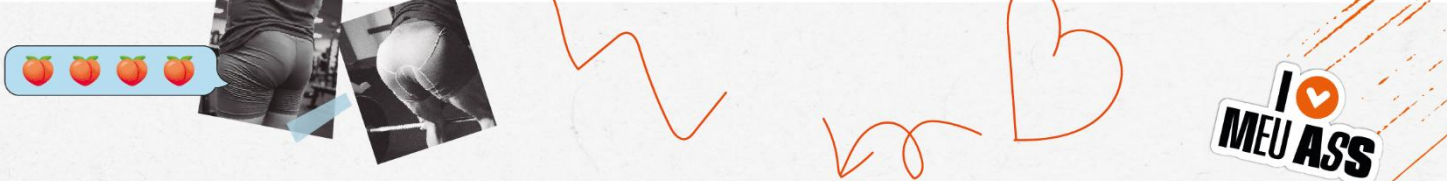


MAPA DE AULAS VIVAGYM PARQUE DAS NAÇÕES



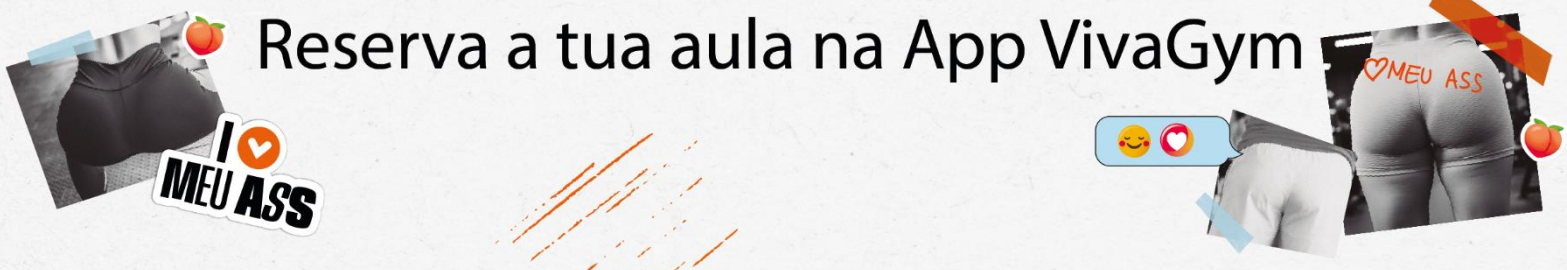
INICIO: 01/04

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
07:00	GAP	CYCLING		CYCLING	V-POWER		
07:00			V-CROSS		RUN CLUB PDN		
07:30	VIRTUAL CYCLING	ABS	V-METCON	ABS			
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	GAP	V-POWER
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	V-FIGHT
12:00	ABS	ABS	ABS	ABS	ABS		
12:45	V-POWER	CYCLING	V-POWER	V-METCON	V-BURN		
13:30	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:15	VIRTUAL CYCLING	VIRTUAL CYCLING	GAP	V-MIND	ABS		
18:00	V-POWER	PILATES	V-METCON	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:15	VIRTUAL CYCLING	RUN CLUB PDN	V-POWER	V-FIGHT	V-POWER		
18:30	V-METCON		CYCLING		ABS		
18:45		CYCLING					
19:00	V-BURN	V-POWER	ABS	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
19:15	CYCLING	ABS	V-BURN	V-POWER	PILATES		
20:00	V-MIND	V-FIGHT	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
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 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