



MAPA DE AULAS VIVAGYM MASSAMÁ



DATA DE INÍCIO: 01/04

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER	GAP	CYCLING	V-FIGHT	V-METCON		
08:00	ABS	ABS	ABS	ABS	ABS		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00			CYCLING			V-FIGHT	
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	3B	V-METCON	PILATES		FIT MOVES	V-POWER	
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30				V-YOGA		V-METCON	
11:00		PILATES				V-MIND	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	ZUMBA	VIRTUAL CYCLING
12:30	V-POWER	3B	CYCLING	V-METCON	GAP		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00	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
17:45				V-POWER			
18:00	V-BURN		V-YOGA		PILATES		
18:00			VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:15		V-MIND	V-METCON				
18:30	CYCLING	CYCLING		PILATES			
18:45	V-POWER			CYCLING			
19:00			V-POWER	V-METCON			
19:00			CYCLING		CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:15	V-METCON	V-METCON	V-METCON				
19:15		GAP			V-FIGHT		
19:30	V-FIGHT			GAP			
19:30	CYCLING	CYCLING		CYCLING			
20:00			3B				
20:00			VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
20:15	V-MIND			DANCE			
20:30		V-POWER					
20:30	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 OU APP