



MAPA DE AULAS

VIVAGYM CAMPO PEQUENO



DATA INICIO: 04/2026

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00				FIT MOVES	TOS 45'		
07:15	V-POWER	V-FIGHT	V-MIND	VIRTUAL CYCLING	V-POWER		
07:30							
07:45							
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:15						PILATES	E1 45'
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:15							V-POWER
10:30						3B	
11:15							YOGA
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	STRETCHING	
12:15			GAP		PILATES	VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	FIT MOVES	V-MIND	FIT MOVES	PILATES			
13:00	GAP	CYCLING			FIT MOVES		
13:15	CYCLING	V-METCON	STRETCHING	V-METCON	GAP		
13:15		V-POWER	CYCLING	ZUMBA			
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS		
17:15	V-POWER	3B		3B			
17:30			V-POWER		GAP		
18:00	ZUMBA	V-POWER		V-BURN			
18:15	V-METCON		PILATES		STRETCHING		
18:30		CROSS WOD					
18:45		V-BURN	FIT MOVES	V-METCON			
19:00	CYCLING		CYCLING				
19:00	PILATES			V-POWER			
19:15		CYCLING	V-POWER		ZUMBA		
19:30		ZUMBA					
19:45		ABS	ABS	ABS			
20:00	GAP			V-FIGHT			
20:15	VIRTUAL CYCLING	VIRTUAL CYCLING	ZUMBA		VIRTUAL CYCLING		
21:30	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.
- NAO PODERA ENTRAR NA SALA APOS 5 MINUTOS DO INICIO DA AULA.

CORPO E MENTE	CARDIO	CYCLING	TONIFICAÇÃO
CORPO E MENTE VIRTUAL	CARDIO VIRTUAL	CYCLING VIRTUAL	TONIFICAÇÃO VIRTUAL
FUNCIONAL	COREOGRAFIA	ABDOMINAIS	

RESERVA A TUA VAGA NA ÁREA CLIENTE EM www.vivagym.pt OU APP