

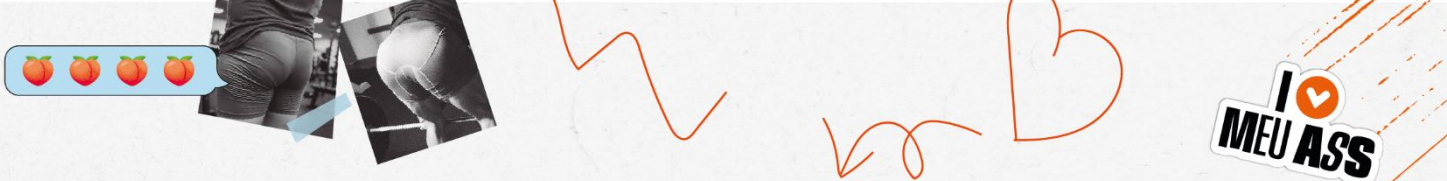


MAPA DE AULAS VIVAGYM LUMIAR



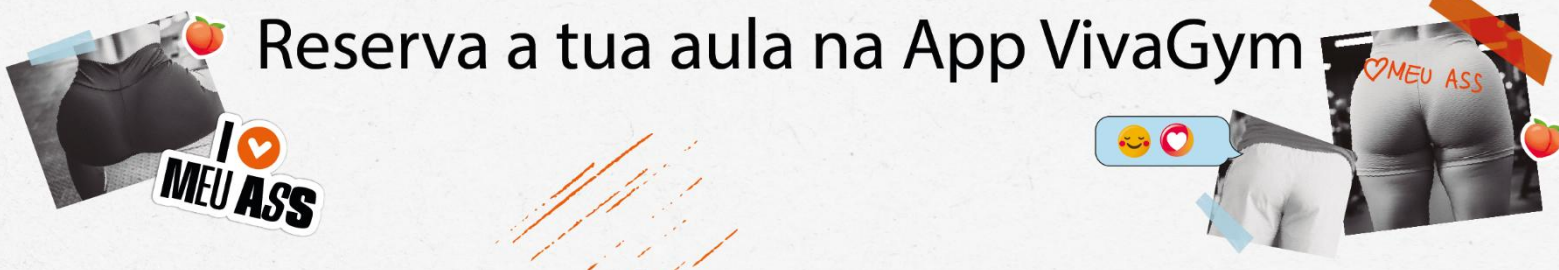
ABRIL 2026

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING	V-POWER	V-METCON	V-BURN	PILATES		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING	V-POWER	VIRTUAL CYCLING
10:45							ZUMBA
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
11:30	PILATES						
11:45							GAP
12:45	V-POWER	V-CROSS	CYCLING	V-METCON	GAP		
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:15		PILATES	VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING
17:30					V-POWER		
18:00	V-CROSS		V-POWER				
18:00	ZUMBA		VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING
18:15		CYCLING		CYCLING	CYCLING		
18:30	CYCLING						
19:00		V-BURN	V-METCON	PILATES	ZUMBA	VIRTUAL CYCLING	VIRTUAL CYCLING
19:30	V-POWER	VIRTUAL CYCLING	V-BURN		VIRTUAL CYCLING		
20:00		V-POWER	CYCLING	GAP			
20:30	PILATES	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