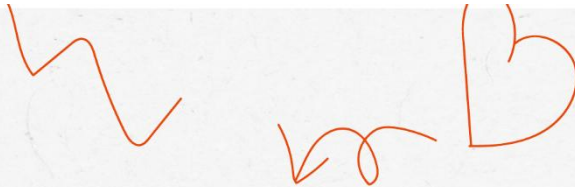




MAPA DE AULAS VIVAGYM MATOSINHOS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
07:15		PILATES E1 45'			GAP E1 30'		
08:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
09:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
10:00						PILATES E1 45'	
10:15			PILATES E1 45'				
10:30	GAP E1 45'			GAP E1 45'	GAP E1 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
10:45		PILATES E1 45'					
11:00						V-POWER E1 45'	
11:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		VIRTUAL CYCLING E2 30'
12:15	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
12:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
12:45	CYCLING E1 45'	V-CROSS BOX 45'	V-CROSS BOX 45'	PILATES E1 30'	V-CROSS BOX 45'		
15:00		FIT MOVES BOX 45'		FIT MOVES BOX 45'			
17:00		FIT MOVES BOX 45'		FIT MOVES BOX 45'			
17:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	
17:30		PILATES E1 45'					
18:00	PILATES E1 45'						
18:00	V-METCOM BOX 30'		GAP E2 30'				
18:15			VIRTUAL CYCLING E2 30'		PILATES E1 45'		
18:30		CYCLING E2 45'	PILATES E2 30'	V-POWER E1 45'			
18:45					VIRTUAL CYCLING E2 30'		
19:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'			
19:30				V-BURN E1 45'			
20:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
21:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		



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