



# MAPA DE AULAS VIVAGYM ODIVELAS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00					RUN CLUB -P.d.Naçoos		
07:15	CYCLING	V-POWER	CYCLING		GAP		
07:15		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
08:30	VIRTUAL CYCLING				VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:00		VIRTUAL CYCLING		VIRTUAL CYCLING	V-BURN		
09:15	PILATES						
09:30		V-YOGA	V-MIND	V-YOGA		PILATES	
09:45					PILATES		
10:00	CYCLING					V-BOXING	V-POWER
10:30		VIRTUAL CYCLING		V-BURN		ZUMBA	
10:45						CYCLING	
11:00		V-POWER			VIRTUAL CYCLING		CYCLING
11:30	VIRTUAL CYCLING		VIRTUAL CYCLING			V-POWER	
12:00		VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	V-FIGHT
12:30						V-MIND	VIRTUAL CYCLING
12:45		V-BOXING	ZUMBA				
13:00	V-POWER		CYCLING	V-FIGHT	V-BOXING		
13:00	VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING		
13:30		CROSS WOD			GAP		
14:30	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
15:00		VIRTUAL CYCLING					
16:00	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	
16:30		VIRTUAL CYCLING			VIRTUAL CYCLING		VIRTUAL CYCLING
17:30	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING			
17:45		VIRTUAL CYCLING		V-POWER			
18:00		GAP	V-POWER		V-BOXING	VIRTUAL CYCLING	
18:15	V-POWER	V-BOXING		CROSS WOD			
18:15		RUN CLUB -P.d.Naçoos					
18:45			CYCLING	V-FIGHT	V-POWER		
19:00	CYCLING	V-FIGHT					
19:00		CYCLING	V-BURN	CYCLING			
19:15	V-BURN			CROSS WOD			
19:30			CROSS WOD		VIRTUAL CYCLING		
19:45				V-MIND	V-YOGA		
20:00	CYCLING	V-POWER	PILATES	CYCLING			
20:15	V-YOGA						
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

ESTREAMOS O  
RUN CLUB BY VIVAGYM



RUN Club  
by VIVAGYM

- A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO POR RAZOES EXTERNAS.
- O USO DE TOALHA E 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](http://www.vivagym.pt) OU APP