

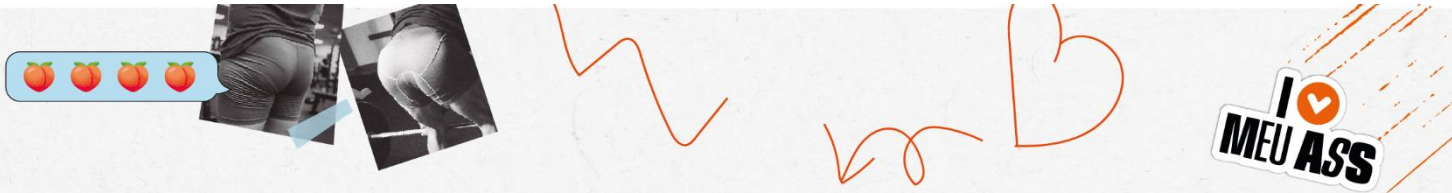


# MAPA DE AULAS VIVAGYM ALMIRANTE REIS



DATA DE INICIO: 1/05

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	GAP	PILATES	CYCLING	V-POWER	V-METCON		
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00						V-POWER	
10:15							V-METCON
10:30	PILATES		PILATES		V-POWER		
10:45						V-FIGHT	
11:00							PILATES
11:15		V-CROSS		V-CROSS			
12:00		GAP	CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING
12:15	V-MIND		V-MIND	V-BURN	3B		
13:00	CYCLING	V-POWER			V-POWER		
13:15	V-BURN			V-FIGHT			
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	ABS	V-MIND	ABS	ABS	ABS	VIRTUAL CYCLING	
17:45	V-CROSS		V-METCON				
18:00	V-POWER	V-BURN		V-POWER			
18:00	V-METCON						
18:15		CYCLING	ZUMBA				
18:30			V-CROSS				
18:45	CYCLING	V-POWER		V-BURN			
19:00	3B						
19:15			V-POWER	CYCLING	DANCE		
19:15			CYCLING				
19:30				ZUMBA			
19:45	ZUMBA	V-FIGHT					
20:15			PILATES		V-FIGHT		
20:30	PILATES	DANCE		PILATES			
21:00	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.
- 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	