

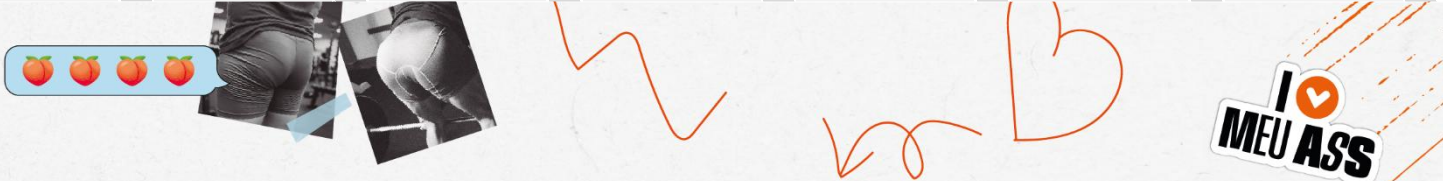


MAPA DE AULAS VIVAGYM LEIRIA



DATA INICIO: 1/06

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	3B	CYCLING	V-POWER		FIT MOVES		
07:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00	ABS	ABS	ABS	ABS	ABS	FIT MOVES	VIRTUAL CYCLING
10:15	PILATES	V-BURN	V-MIND	3B	CYCLING		ABS
10:45	ABS		ABS				
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
13:00		V-METCON	V-CROSS				
13:15	V-POWER			V-BURN			
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:30	GAP		ABS	ABS	ABS	VIRTUAL CYCLING	
17:45			GAP	FIT MOVES			
18:00	CYCLING				V-METCON		
18:00	PILATES						
18:15				V-METCON			
18:15	V-METCON	V-METCON	V-MIND				
18:30		3B		3B	V-FIGHT		
18:45			V-POWER				
18:45	V-FIGHT		CYCLING				
19:00	V-CROSS	V-CROSS		V-BURN	V-POWER		
19:00		V-POWER		V-CROSS			
19:15	CYCLING					VIRTUAL CYCLING	
19:30	V-BURN	ZUMBA	PILATES	DANCE			
19:30			V-CROSS				
19:45							
19:45		CYCLING					
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		V-YOGA		
20:15				CYCLING			
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	

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