



# MAPA DE AULAS

## VIVAGYM SETÚBAL



INICIO: 1/05

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
07:15		GAP	V-CROSS	V-BOXING	V-METCON		
08:00	ABS	ABS	ABS	ABS	ABS		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:00	ZUMBA	V-POWER	ZUMBA	GAP			
09:30						V-POWER	
10:00	V-MIND	CYCLING	PILATES	V-MIND	V-YOGA		
10:00	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
10:00	ABS	ABS	ABS	ABS	ABS		
10:30						V-MIND	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
11:30							
13:00	V-METCON	V-POWER	GAP				
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	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		
18:00	V-BOXING	V-BURN	V-BOXING	GAP	V-POWER		
18:15	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:30	V-METCON		V-METCON	V-CROSS			
19:00	V-MIND	V-POWER	V-MIND	ZUMBA	PILATES		
19:00	ABS	ABS	ABS	ABS	ABS		
19:15	CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	CYCLING		
20:00	V-POWER	V-YOGA		V-YOGA			



# QUERER-SE MAIS COMEÇA AQUI

## Reserva a tua aula na App VivaGym



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