



MAPA DE AULAS VIVAGYM SINTRA



DATA DE INÍCIO: 11/05

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	GAP	V-METCON	CYCLING	PILATES		
06:45		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
07:30		PILATES	V-CROSS				
07:45	FIT MOVES			V-METCON	VIRTUAL CYCLING		
08:15			VIRTUAL CYCLING				
08:30	VIRTUAL CYCLING			VIRTUAL CYCLING			
09:00	ABS	VIRTUAL CYCLING	ABS	ABS		VIRTUAL CYCLING	VIRTUAL CYCLING
09:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
10:00	V-CROSS	PILATES		PILATES	ABS		
10:15						GAP	
10:30	PILATES	ABS	FIT MOVES	ABS	FIT MOVES		VIRTUAL CYCLING
10:30			ABS				
11:00		VIRTUAL CYCLING		VIRTUAL CYCLING		DANCE	
11:00						CYCLING	
11:15	VIRTUAL CYCLING				V-YOGA		
11:30	ABS						
12:00						V-POWER	
12:15	V-POWER	GAP	VIRTUAL CYCLING	CYCLING	CYCLING		
12:15							
12:30			V-POWER				
13:00	CYCLING	CYCLING			V-METCON		
13:15		V-CROSS	V-MIND	GAP		VIRTUAL CYCLING	VIRTUAL CYCLING
13:15				V-CROSS			
14:00						ABS	ABS
16:00	ABS	ABS	ABS	ABS	VIRTUAL CYCLING	ABS	ABS
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
16:15						VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	ABS	ABS	ABS	ABS			
17:15		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
17:15	VIRTUAL CYCLING						
17:30	STRETCHING			STRETCHING			
18:00					CYCLING		
18:15	V-FIGHT	V-POWER	PILATES	DANCE	GAP		
18:15	CYCLING	CYCLING	VIRTUAL CYCLING	V-CROSS			
18:15				VIRTUAL CYCLING			
19:00				V-METCON	V-POWER		
19:00					DANCE		
19:15	V-POWER	V-METCON	V-POWER	FIT MOVES		VIRTUAL CYCLING	VIRTUAL CYCLING
19:15	V-METCON	PILATES	DANCE				
19:15		CYCLING					
20:00	V-CROSS	V-CROSS	CYCLING		PILATES		
20:00	CYCLING			ABS	ABS		
20:00					VIRTUAL CYCLING		
20:15			V-YOGA				
20:15			ABS				
21:00		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	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 OU APP