



MAPA DE AULAS

VIVAGYM OEIRAS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER	CYCLING	V-MIND	CYCLING	V-POWER		
08:00	VIRTUAL CYCLING	VIRTUAL V-POWER	VIRTUAL CYCLING	VIRTUAL V-POWER	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:00		VIRTUAL CYCLING		VIRTUAL CYCLING		RUN CLUB	PILATES
09:30							
10:00						CYCLING	V-BURN
10:30	PILATES		V-POWER		V-BURN		
10:30							
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		CYCLING
11:00				V-MIND		V-MIND	VIRTUAL V-MIND
11:15							
11:30		V-YOGA			PILATES		
12:00			PILATES	V-CROSS		VIRTUAL CYCLING	VIRTUAL CYCLING
12:15	3B			V-POWER	CYCLING		
12:30	CYCLING	V-BURN	CYCLING		V-CROSS		
12:30							
12:45		V-CROSS		RUN CLUB			
13:00							
13:00			V-FIGHT				
13:15					V-BOXING		
13:15		CYCLING		CYCLING	V-POWER		
13:30							
13:30	V-POWER		V-HYBRID				
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00						VIRTUAL V-BURN	VIRTUAL V-BURN
18:00		ZUMBA		GAP	ZUMBA	VIRTUAL CYCLING	VIRTUAL CYCLING
18:00		CYCLING			VIRTUAL CYCLING		
18:15	V-YOGA						
18:15	V-BOXING						
18:30	CYCLING		CYCLING				
18:30			3B				
18:45		V-HYBRID		CYCLING			
19:00						VIRTUAL V-MIND	VIRTUAL V-MIND
19:00		V-POWER		V-POWER	PILATES		
19:15			RUN CLUB				
19:15	V-BURN		V-BOXING				
19:30	RUN CLUB	V-CROSS	V-YOGA				
20:00		PILATES			CYCLING		
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-FIGHT			
21:00	VIRTUAL V-POWER	VIRTUAL V-BURN	VIRTUAL V-POWER	VIRTUAL CYCLING	VIRTUAL V-BURN		



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 AREA CLIENTE EM www.vivagym.pt OU APP