



MAPA DE AULAS

VIVAGYM LEIRIA

INICIO: 1/12



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	3B	BODYPUMP		FIT MOVES POWERWOD	CYCLING		
07:30			HYROXWOD				
09:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:30							
10:00	YOGA					ABS	VIRTUAL CYCLING
10:15				GAP	PILATES	FIT MOVES	
10:30	VIRTUAL CYCLING						
11:00		ABS	BODYBALANCE			CYCLING	
11:15							
11:30	ABS		ABS	ABS	ABS		
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	3B	ABS	ABS	ABS	ABS		
13:15							
15:00	ABS	ABS	ABS	ABS	ABS		
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	ABS	ABS	ABS	BODYPUMP	ABS		
17:45		BODYPUMP		HYROXWOD			
18:00	BODYBALANCE		FIT MOVES		3B		
18:15				POWERWOD			
18:15		FIT MOVES	HYROXWOD	3B	FIT MOVES		
18:30	HYROXWOD	CYCLING	BODYCOMBAT				
18:45		DANÇAS	CYCLING				
19:00	BODYPUMP				BODYPUMP		
19:00	POWERWOD			PILATES			
19:15	CYCLING		BODYPUMP				
19:30		3B	FIT MOVES	CYCLING			
19:45	3B						
20:00				DANÇAS			
20:00					YOGA		
20:15							
20:30							
20:45	CYCLING						
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		



- > A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- > O USO DE TOALHA É OBRIGATÓRIO.
- > NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.

CARDIO	CORPO E MENTE	FORÇA	FUNCIONAL
CYCLING	DANÇAS	ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.VIVAGYM.PT OU APP