



MAPA DE AULAS

VIVAGYM LUMIAR



INICIO	SEG	TER	QUA	QUI	SEX	SAB	DOM
07:15	CYCLING E1 45'	VIRTUAL CYCLING E1 30'	CYCLING E1 45'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
07:15		BODYPUMP E2 45'					
08:00							
09:00	VIRTUAL CYCLING E1 30'						
09:15						BODYBALANCE E2 45'	
10:00		ABS T05 15'		ABS T05 15'			
10:00		PILATES E2 45'					BODYPUMP E2 45'
10:15						BODYPUMP E2 45'	
10:30							
11:00							BODYCOMBAT E2 45'
11:15	VIRTUAL CYCLING E1 30'						
11:30							
12:00							
12:15							
12:45	BODYBALANCE E2 45'	CYCLING E1 45'	BODYPUMP E2 45'	CYCLING E1 45'	BODYPUMP E2 45'		
13:00							
13:30							
14:00	VIRTUAL CYCLING E1 30'						
14:30		ABS T05 15'		ABS T05 15'			
15:00							
16:00	VIRTUAL CYCLING E1 30'						
17:00	ABS T05 15'						
17:30							
18:00		BODYCOMBAT T05 30'					
18:00	ABS T05 15'		ABS T05 15'		ABS T05 15'	ABS T05 15'	
18:30	BODYBALANCE E2 45'	GAP E2 30'		BODYBALANCE E2 45'	CYCLING E1 45'		
18:45	POWERWOD T05 30'	HYROXWOD T05 30'	BODYPUMP E2 45'	POWERWOD T05 30'	BODYCOMBAT E2 30'		
19:00		ABS T05 15'	ABS T05 15'				
19:15	ABS T05 15'	ZUMBA E2 45'					
19:30	HYROXWOD T05 30'	CYCLING E1 45'	HYROXWOD T05 30'				
19:30	BODYPUMP E2 45'	POWERWOD T05 30'		ZUMBA E2 45'	BODYPUMP E2 45'		
19:45			BODYCOMBAT E2 30'				
20:00	ABS T05 15'	ABS T05 15'	ABS T05 15'	ABS T05 15'			
20:15	CYCLING E1 45'	PILATES E2 45'	CYCLING E1 45'				
20:30				PILATES E2 45'			
20:45							
21:00	ABS T05 15'			ABS T05 15'			
21:15	VIRTUAL CYCLING E1 30'						



- > A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- > O USO DE TOALHA É OBRIGATORIO.
- > 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