



# MAPA DE AULAS

## VIVAGYM OEIRAS



INICIO: 1/12

INICIO	SEG	TER	QUA	QUIN	SEX	SÁB	DOM
06:45	VIRTUAL RPM		VIRTUAL RPM		VIRTUAL RPM		
07:00		RPM					
07:15	BODY ATTACK		BODY BALANCE				
07:15				CYCLING	BODYPUMP		
08:00		VIRTUAL BODY PUMP	VIRTUAL BODY PUMP	VIRTUAL BODY PUMP			
08:30					VIRTUAL BODY PUMP		
09:00	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	HUT RUNNERS	
09:15						VIRTUAL RPM	
10:00	ABDOMINAIS	ABDOMINAIS	ABDOMINAIS	ABDOMINAIS	ABDOMINAIS		VIRTUAL RPM
10:00	PILATES		VIRTUAL RPM	VIRTUAL RPM	BODY BALANCE	3B	PILATES
10:15						CYCLING	
10:30			BODY PUMP		VIRTUAL RPM		
11:00	HBX	VIRTUAL RPM		BODY BALANCE			3B
11:15		HYROXWOOD			HYROXWOOD	BODYBALANCE	
11:15						HYROXWOOD	
11:30		YOGA				VIRTUAL BODY PUMP	
11:45							PUMP HYBRID
12:00	BODY BALANCE			FIT MOVES	PILATES	VIRTUAL RPM	VIRTUAL RPM
12:15			PILATES				
12:30	HYROXWOOD	HYROXWOOD	CYCLING		CYCLING		
12:45		HBX	HYROXWOOD	BODYPUMP			
13:00	3B	BODYPUMP		HUT RUNNERS	POWERWOOD		VIRTUAL RPM
13:00	POWERWOOD					VIRTUAL BODY PUMP	VIRTUAL BODY PUMP
13:15	RPM	CYCLING	BODY ATTACK		BODYPUMP		
13:30				RPM			
14:00	ABS	ABS	ABS	ABS	ABS		
15:00	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM		
15:30		VIRTUAL BODY PUMP	VIRTUAL BODY PUMP	VIRTUAL BODY PUMP	VIRTUAL BODY PUMP		
16:00	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL BODY PUMP	
17:00	ABS	ABS	ABS	ABS	ABS		
17:00	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM		
17:00				VIRTUAL BODY PUMP			
17:45		3B					
17:30			PILATES				
18:00					ZUMBA		
18:00	CYCLING	CYCLING					
18:00				3B	HYROXWOOD		
18:15	PILATES		CYCLING				
18:30			3B		RPM		
18:30		ZUMBA	HBX				
18:45		HYROXWOOD		CYCLING	PILATES		
19:00	ABS	ABS	ABS	POWERWOOD			
19:00		RPM		BODYPUMP			
19:15	HUT RUNNERS						
19:15	BODYPUMP		HBX				
19:30					FIT MOVES		
20:00	HBX	BODYPUMP		BODY ATTACK			
20:15	3B	VIRTUAL RPM		VIRTUAL RPM	VIRTUAL RPM		
20:30			VIRTUAL BODY PUMP				
21:15	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM		



- > 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](http://WWW.VIVAGYM.PT) OU APP