



# MAPA DE AULAS



## VIVAGYM SÃO DOMINGOS DE RANA

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	RPM	BODYPUMP	PILATES	GAP	BODYPUMP		
07:00		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
07:45	HYROXWOD						
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
09:00						BODYPUMP	BODYATTACK
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		BODYPUMP
10:00						POWERWOD	VIRTUAL CYCLING
10:30	PILATES						
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES	
11:00						HYROXWOD	
11:30							CYCLING
12:00	ABS	ABS	ABS	ABS	ABS	DANCE MOVES	DANCE MOVES
12:00						VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	VIRTUAL CYCLING	GAP	RPM		RPM		
12:30	BODYPUMP	RPM		3B	PILATES		
13:00						VIRTUAL CYCLING	
13:15			BODYPUMP	HYROXWOD			
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
14:00	ABS	ABS	ABS	ABS	ABS		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:00	ABS	ABS	ABS	ABS	ABS		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	ABS	ABS	ABS	ABS	ABS		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS		
18:00	ABS	ABS	ABS	ABS	ABS		
18:30	RPM	HYROXWOD	BODYATTACK	DANCE MOVES	RPM		
18:30	DANCE MOVES	BODYPUMP		RPM	BODYPUMP		
18:45					HYROXWOD		
19:00		RPM	RPM				
19:15	HYROXWOD	BODYATTACK		3B			
19:15	3B						
19:30			BODYPUMP		POWERWOD		
20:00		PILATES		PILATES			
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL 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 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