



# MAPA DE AULAS

## VIVAGYM SINTRA



DATA DE INÍCIO: 01/12

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING		HYROXWOD				
06:45		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
07:30		GAP		FIT MOVES	CYCLING		
08:15	VIRTUAL CYCLING						
09:00						VIRTUAL CYCLING	
09:00	ABS	ABS	ABS	ABS			
09:30	RPM	VIRTUAL CYCLING			VIRTUAL CYCLING		VIRTUAL CYCLING
10:00		PILATES	VIRTUAL CYCLING	PILATES	ABS	RPM	
10:15						GAP	
10:30	ABS	ABS	ABS	ABS			
10:30	PILATES			VIRTUAL CYCLING			
11:00						BODYATTACK	
11:00						DANCE MOVES	
11:15	VIRTUAL CYCLING		YOGA		VIRTUAL CYCLING		
11:30							VIRTUAL CYCLING
12:15		CYCLING	BODYPUMP	RPM	CYCLING		
12:15			CYCLING	BODYATTACK			
13:00	CYCLING	BODYPUMP			POWERWOD		
13:15			GAP			VIRTUAL CYCLING	VIRTUAL CYCLING
14:00						ABS	ABS
15:30						VIRTUAL CYCLING	VIRTUAL CYCLING
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:15						ABS	ABS
16:45							VIRTUAL CYCLING
17:00	ABS	ABS	ABS	ABS			
17:15					VIRTUAL CYCLING		
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	
18:00					BODYPUMP		
18:15	POWERWOD	BODYPUMP	BODYCOMBAT				
18:15			RPM	GAP			
18:30	GAP	POWERWOD					
18:45	CYCLING			CYCLING			
19:00	HYROXWOD		BODYATTACK	HYROXWOD	RPM		
19:00				BODYCOMBAT			
19:15	BODYCOMBAT	PILATES	BODYPUMP			VIRTUAL CYCLING	
19:15		RPM					
19:15	ABS	ABS					
19:30				ABS			
19:45	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	YOGA		
20:00			ABS				
20:15			YOGA				
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 APOS 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