



MAPA DE AULAS

VIVAGYM ALMIRANTE REIS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15		PILATES	RPM				
07:30	VIRTUAL CYCLING				VIRTUAL CYCLING		
07:30	GAP				HYROXWOD		
08:00							
08:00		VIRTUAL CYCLING		VIRTUAL CYCLING			
08:30	VIRTUAL CYCLING		VIRTUAL CYCLING				
09:00					ABS		
09:30					VIRTUAL CYCLING		VIRTUAL CYCLING
10:00	ABS	ABS	ABS	ABS	ABS		
10:00	PILATES	VIRTUAL CYCLING		VIRTUAL CYCLING		FIT MOVES	
10:15							HYROXWOD
10:30			VIRTUAL CYCLING			VIRTUAL CYCLING	
10:30			PILATES		BODYPUMP		
10:45							
11:00		3B		VIRTUAL CYCLING			PILATES
11:15		POWERWOD					
11:30							
12:00	ABS	ABS	ABS	ABS	ABS		ABS
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING			VIRTUAL CYCLING		
12:00				BODYPUMP	3B		
12:15		BODYPUMP	3B	HYROXWOD		BODYCOMBAT	
12:30			CYCLING			ABS	
12:45							
13:00	HYROXWOD	PILATES	HYROXWOD	BODYATTACK	BODYPUMP		
13:00	CYCLING		ABS	RPM	ABS	VIRTUAL CYCLING	
13:15							
13:30	BODYCOMBAT						VIRTUAL CYCLING
14:00	VIRTUAL CYCLING						
15:00			VIRTUAL CYCLING			VIRTUAL CYCLING	
15:30		VIRTUAL CYCLING		VIRTUAL CYCLING			
16:00	VIRTUAL CYCLING					ABS	
17:00		PILATES					
17:00	ABS	ABS	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30		VIRTUAL CYCLING		VIRTUAL CYCLING			
17:45	POWERWOD			HYROXWOD			
18:00			VIRTUAL CYCLING		VIRTUAL CYCLING		
18:00	BODYPUMP		ABS	ABS			
18:15		BODYPUMP	ZUMBA				
18:30	RPM	CYCLING		BODYPUMP			
18:45							
19:00		ABS	ABS		ABS		
19:15	3B			CYCLING	DANCE MOVES TOS		
19:30		BODYCOMBAT	CYCLING	ZUMBA			
19:30		VIRTUAL CYCLING					
19:45	ZUMBA TOS						
20:00			ABS				
20:15					BODYCOMBAT TOS		
20:30	PILATES	DANCE MOVES	PILATES				
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
21:30				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