



MAPA DE AULAS

VIVAGYM AMADORA



DATA DE INÍCIO: 01/12

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	CYCLING	FIT MOVES	BODYPUMP		BODYATTACK		
07:15		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
08:00	ABS	ABS	ABS	ABS	ABS		
09:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
10:15						BODYPUMP	ABS
10:30	PILATES	FIT MOVES	PILATES				
11:00				POWERWOD	POWERWOD		VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	ABS	ABS		ABS	ABS	ABS	ABS
13:00	BODYPUMP	BODYATTACK	CYCLING	BODYPUMP	FIT MOVES	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	ABS	ABS	ABS	ABS	ABS	ABS	
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS	ABS	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	BODYPUMP	PILATES	FIT MOVES	ZUMBA			
17:45					BODYPUMP		
18:15	BODYATTACK		GAP				
18:15	CYCLING		CYCLING				
18:30		CYCLING		CYCLING			
18:30		BODYPUMP		GAP			
18:45					CYCLING		
18:45					POWERWOD		
19:15	STRETCHING		BODYPUMP	FIT MOVES			
19:30		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
19:30		BODYATTACK			PILATES		
19:45	VIRTUAL CYCLING				VIRTUAL CYCLING		
20:00	ZUMBA		ZUMBA	BODYATTACK			
20:30		STRETCHING					
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 OU APP