



MAPA DE AULAS

VIVAGYM BARREIRO



FECHA INICIO: 1/12

INICIO	SEG	TER	QUA	QUIN	SEX	SÁB	DOM
07:00							
07:15	VIRTUAL CYCLING E1 30' TO S						
08:00	ABS E1 30' TO S						
09:00	VIRTUAL CYCLING E1 30' TO S						
09:30		BODYPUMP E2 30' TO S				BODYPUMP E2 45' TO S	ZUMBA E2 30' TO S
10:15	PILATES E2 45' TO S	CYCLING E1 30' TO S	PILATES E2 45' TO S	CYCLING E1 30' TO S	PILATES E2 45' TO S		PILATES E2 45' TO S
12:00	VIRTUAL CYCLING E1 30' TO S						
13:00	BODYPUMP E2 30' TO S	FIT MOVES E2 30' TO S	BODYPUMP E2 30' TO S	GAP E1 30' TO S	HYROXWOD E1 30' TO S		
13:30	HYROXWOD E1 30' TO S						
14:00	VIRTUAL CYCLING E1 30' TO S						
15:30	VIRTUAL CYCLING E1 30' TO S						
17:00	VIRTUAL CYCLING E1 30' TO S						
18:00	CYCLING E1 45' TO S	CYCLING E1 30' TO S					
18:15	ZUMBA E1 30' TO S	BODYATTACK E1 30' TO S		BODYATTACK E1 30' TO S			
18:30	GAP E2 30' TO S	PILATES E2 45' TO S	BODYPUMP E2 45' TO S	STRETCHING E2 45' TO S	BODYPUMP E2 45' TO S		
18:45	HYROXWOD E1 30' TO S		HYROXWOD E1 45' TO S	HYROXWOD E1 45' TO S			
19:00	CYCLING E1 30' TO S	CYCLING E1 45' TO S	CYCLING E1 45' TO S	CYCLING E1 45' TO S			
19:15	FIT MOVES E2 30' TO S		BODYATTACK E2 30' TO S				
19:30	BODYPUMP E2 45' TO S	ZUMBA E2 45' TO S	GAP E2 30' TO S	BODYCOMBAT E2 45' TO S	FIT MOVES E2 45' TO S		
19:45	HYROXWOD E1 30' TO S		HYROXWOD E1 30' TO S				
20:30		BODYPUMP E2 30' TO S	PILATES E2 45' TO S	BODYPUMP E2 30' TO S	BODYCOMBAT E2 45' TO S		
21:30	VIRTUAL CYCLING E1 30' TO S						



- > A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO POR RAZÕES EXTERNAS.
- > O USO DE TOALHA É OBRIGATÓRIO.
- > NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INICIO 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