



MAPA DE AULAS

VIVAGYM CACÉM



FECHA INICIO: 1/12

INICIO	SEG	TER	QUA	QUIN	SEX	SÁB	DOM
06:45			BODYPUMP		3B		
07:00	BODYPUMP	CYCLING		CYCLING			
07:15	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00						VIRTUAL CYCLING	VIRTUAL CYCLING
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
10:00	BODYATTACK	ZUMBA	PILATES	BODYBALANCE	BODYPUMP	CYCLING	
10:00		ABS	ABS	ABS	ABS		
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00	ABS					3B	
11:00	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00		VIRTUAL CYCLING	VIRTUAL CYCLING				VIRTUAL PUMP
12:00						VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	CYCLING	VIRTUAL CYCLING	HBX BOXING	VIRTUAL CYCLING	VIRTUAL CYCLING		
12:30		HYROXWOD	POWERWOD	GAP			
13:00						VIRTUAL CYCLING	VIRTUAL CYCLING
13:15	BODYPUMP	VIRTUAL PUMP	CYCLING	VIRTUAL PUMP	VIRTUAL PUMP		
13:30		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
14:00			ABS	ABS	ABS		
16:00						VIRTUAL PUMP	
17:00	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL CYCLING	VIRTUAL CYCLING
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	3B	PILATES	BODYPUMP	HBX BOXING	VIRTUAL PUMP		
18:00	ABS	ABS	ABS	ABS			
18:15							
18:30	HYROXWOD		CYCLING				
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	PILATES	BODYPUMP		BODYBALANCE	BODYATTACK		
19:15			ZUMBA				
19:30	CYCLING		VIRTUAL CYCLING				
19:45		CYCLING		CYCLING			
20:00	BODYPUMP	ZUMBA	BODYATTACK	BODYPUMP	PILATES		
20:00					VIRTUAL CYCLING		
20:30		VIRTUAL CYCLING	VIRTUAL CYCLING				
21:00	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:30	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