



MAPA DE AULAS



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



- > 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