



MAPA DE AULAS

VIVAGYM PARQUE DAS NAÇÕES



DATA INICIO: 1/12

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00		CYCLING E1 30'			POWERWOD TOS 30'		
07:15	BODYPUMP E2 45'		BODYCOMBAT E2 45'				
07:30		BODYPUMP E2 30'			3B E2 30'		
09:00	VIRTUAL CYCLING E1 45'						
10:00							
10:15	VIRTUAL CYCLING E1 45'	BODYPUMP E2 45'	CYCLING E1 45'				
10:30							
11:00						VIRTUAL CYCLING E1 45'	
11:15						BODYCOMBAT TOS 45'	FIT MOVES E2 45'
11:30	VIRTUAL CYCLING E1 45'						
12:00	ABS TOS 15'	STRETCHING E2 30'					
12:00						VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'
12:15						3B E2 45'	
12:45	BODYATTACK E2 45'	FIT MOVES E2 30'	BODYPUMP E2 45'	CYCLING E1 30'	BODYCOMBAT E2 45'		
13:00	ABS TOS 15'		VIRTUAL CYCLING E1 45'				
13:15		POWERWOD TOS 30'		STRETCHING E2 30'			
13:30	VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'		
14:00		VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'	
15:30	VIRTUAL CYCLING E1 45'						
16:30							
17:00	ABS TOS 15'			ABS TOS 15'			
17:00	VIRTUAL CYCLING E1 45'						
17:30							
18:00	YOGA E2 45'	ABS TOS 15'		YOGA E2 45'	ABS TOS 15'	VIRTUAL CYCLING E1 45'	
18:15		3B TOS 30'			FIT MOVES E2 45'		
18:15		BODYPUMP E2 45'		BODYCOMBAT TOS 45'			
18:30							
18:30	FIT MOVES TOS 45'		BODYPUMP E2 45'				
18:45							
19:00		ABS TOS 15'	ABS TOS 15'	ABS TOS 15'			
19:00		BODYATTACK TOS 45'					
19:15	BODYPUMP E2 45'	CYCLING E1 45'			CYCLING E1 45'		
19:15		ZUMBA E2 45'		3B TOS 45'			
19:30	CYCLING E1 45'		CYCLING E1 45'				
19:30			PILATES E2 45'				
20:00	ABS TOS 15'				ABS TOS 15'		
20:15							
20:30	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		



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