



HORARIO ACTIVIDADES DIRIGIDAS



VIVAGYM ALVERCA

DATA INICIO: 06/01

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	POWERWOD	BODYPUMP	GAP	CYCLING	BODYPUMP		
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00						GAP	CYCLING
10:15	FIT MOVES	STRETCHING	PILATES	BODYPUMP	STRETCHING		
10:30						CYCLING	
10:45	HYROXWOD						
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	BODYPUMP	
11:15	ABS	ABS	ABS	ABS	ABS		
11:15							ABS
11:45							YOGA
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	ABS	ABS
13:00	CYCLING	BODYPUMP	CYCLING	GAP	POWERWOD		VIRTUAL CYCLING
13:30					HYROXWOD		
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:15	GAP		BODYPUMP	GAP			
18:00		POWERWOD	POWERWOD			VIRTUAL CYCLING	
18:00	BODYSTEP	PILATES	BODYSTEP	BODYPUMP	BODYSTEP		
18:15	CYCLING	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING		
18:30		HYROXWOD	HYROXWOD	HYROXWOD			
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	BODYPUMP	BODYPUMP	BODYATTACK	BODYATTACK	PILATES		
19:30	CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	CYCLING		
20:00	YOGA	ZUMBA	STRETCHING	ZUMBA	BODYPUMP		
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

FITDRINK

O PODER DE SENTIR COMO MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES DIFERENTES



SEM AÇÚCARES



DESDE 3'90€
Antes 4'90€

A TUA ÁGUA VITAMINADA

*Promoção válida apenas em alguns dos nossos clubes. Consulta as condições da promoção e os clubes aderentes em nosso blog.

> A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO POR RAZÕES EXTERNAS.

> O USO DE TOALHA É OBRIGATÓRIO.

> 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