



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM CACÉM



FECHA INICIO: 6/01

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