



# HORARIO ACTIVIDADES DIRIGIDAS



## VIVAGYM VILA NOVA DE GAIA

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
07:15		3B	PILATES	CYCLING	HBX		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	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	ABS	ABS	ABS	ABS	ABS		
10:00	BODYPUMP	PILATES	BODYPUMP	CYCLING	PILATES	PILATES	VIRTUAL CYCLING
10:30						CYCLING	YOGA
10:30						VIVA RUN	
10:45					CYCLING		
11:00	CYCLING	VIRTUAL CYCLING		HBX		GAP	VIRTUAL CYCLING
11:30	ABS	ABS	ABS	ABS	ABS		
11:45						HBX	
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00						ABS	ABS
12:45	3B	HYROXWOD	HBX	BODYPUMP	GAP		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
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	VIRTUAL CYCLING	
16:15						BODYPUMP	
16:30	3B		3B				
17:00		BODYSTEP		BODYPUMP		CYCLING	
17:15	BODYPUMP		BODYPUMP				
17:30	ABS	ABS	ABS	ABS	ABS		
17:30					CYCLING		
17:30					PILATES		
18:00	DANÇAS	PILATES		BODYSTEP		VIRTUAL CYCLING	
18:00	CYCLING	CYCLING		CYCLING			
18:00	POWERWOD						
18:15			HBX	POWERWOD			
18:30	ABS	ABS	ABS		ABS		
18:30		HYROXWOD	VIVA RUN		BODYCOMBAT		
18:45			CYCLING				
18:45	BODYSTEP						
19:00		HBX		HBX			
19:00		CYCLING				VIRTUAL CYCLING	
19:15	CYCLING		HYROXWOD				
19:15			DANÇAS		BODYPUMP		
19:30	ABS	ABS	ABS	ABS	ABS		
19:30	BODYCOMBAT						
19:45				GAP			
19:45			CYCLING	CYCLING			
20:00		BODYPUMP	BODYCOMBAT				
20:30	ABS	ABS	ABS	ABS	ABS		
20:30	YOGA			PILATES			

# FITDRINK

### O PODER DE SENTIR COMO MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES DIFERENTES



SEM AÇÚCARES



## A TUA ÁGUA VITAMINADA

DESDE **3'90€**  
Antes ~~4'90€~~

\*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](http://WWW.VIVAGYM.PT) OU APP