



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM SÃO DOMINGOS DE RANA



Data de inicio: 01-02

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	RPM	RPM	PILATES	GAP	BODYPUMP		
07:00			VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
07:45	HYROXWOD	BODYPUMP	HYROXWOD				
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
09:00						BODYPUMP	BODYATTACK
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		BODYPUMP
10:00						POWERWOD	VIRTUAL CYCLING
10:30	PILATES			PILATES			
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	GAP	
11:00						HYROXWOD	PILATES
11:30							CYCLING
12:00	ABS	ABS	ABS	ABS	ABS	PILATES	
12:00						VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	RPM	GAP	BODYPUMP	RPM	RPM		
12:30		RPM		3B	PILATES		
13:00	BODYPUMP					VIRTUAL CYCLING	
13:15		PILATES	RPM	HYROXWOD	BODYPUMP		
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
14:00	ABS	ABS	ABS	ABS	ABS		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:00	ABS	ABS	ABS	ABS	ABS		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	ABS	ABS	ABS	ABS	ABS		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS		
18:00	ABS	ABS	ABS	ABS	ABS		
18:30	RPM	HYROXWOD	BODYATTACK	DANCE MOVES	RPM		
18:30	DANCE MOVES	BODYPUMP		RPM	BODYPUMP		
18:45					HYROXWOD		
19:00		RPM	RPM				
19:15	HYROXWOD	BODYATTACK		3B			
19:15	BODYPUMP			HYROXWOD			
19:30			BODYPUMP		POWERWOD		
20:00		PILATES		PILATES			
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
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 RAZOES 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](http://WWW.VIVAGYM.PT) OU APP