



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ALVERCA



DATA INICIO: 01/02

| INICIO | SEG | TER | QUA | QUI | SEX | SÁB | DOM |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00 | POWERWOD | BODYPUMP | GAP | CYCLING | BODYPUMP | | |
| 07:45 | HYROXWOD | | | | | | |
| 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 | | | | | | BODYPUMP | 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 | GAP | |
| 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 | BODYATTACK | HBX BOXING | | VIRTUAL CYCLING |
| 13:30 | | | | | | | |
| 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 | BODYSTEP | HBX BOXING | BODYPUMP | GAP | | | |
| 18:00 | | POWERWOD | POWERWOD | | | VIRTUAL CYCLING | |
| 18:00 | BODYPUMP | BODYPUMP | BODYSTEP | HBX BOXING | BODYSTEP | | |
| 18:15 | CYCLING | CYCLING | CYCLING | CYCLING | VIRTUAL CYCLING | | |
| 18:30 | | HYROXWOD | HYROXWOD | HYROXWOD | | | |
| 19:00 | ABS | ABS | ABS | ABS | ABS | | |
| 19:00 | BODYATTACK | PILATES | BODYATTACK | BODYPUMP | 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 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