



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM OEIRAS



| INÍCIO | SEG | TER | QUA | QUI | SEX | SÁB | DOM |
|--------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 06:15 | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING |
| 07:00 | BODYATTACK | RPM | BODYBALANCE | CYCLING | BODYPUMP | VIRTUAL CYCLING | BODYPUMP VIRTUAL |
| 08:00 | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING |
| 09:00 | BODYPUMP VIRTUAL | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIVA RUN | BODYPUMP VIRTUAL |
| 10:00 | PILATES | | | | STRETCHING | 3B | PILATES |
| 10:15 | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING |
| 10:30 | | | BODYPUMP | | | | |
| 11:00 | HBX | HYROXWOD | | BODYBALANCE | | | 3B |
| 11:00 | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | | |
| 11:15 | VIRTUAL CYCLING | | | VIRTUAL CYCLING | BODYPUMP VIRTUAL | BODYBALANCE | VIRTUAL CYCLING |
| 11:30 | | YOGA | | | | | |
| 12:00 | BODYBALANCE | | | FIT MOVES | PILATES | | |
| 12:15 | | VIRTUAL CYCLING | PILATES | VIRTUAL CYCLING | | BODYPUMP VIRTUAL | VIRTUAL CYCLING |
| 12:30 | HYROXWOD | HYROXWOD | CYCLING | | CYCLING | | |
| 12:45 | 3B | BODYPUMP | HYROXWOD | BODYPUMP | | | |
| 12:45 | | | | VIVA RUN | | | |
| 13:00 | POWERWOD | | | | POWERWOD | | |
| 13:15 | CYCLING | CYCLING | BODYATTACK | | BODYPUMP | VIRTUAL CYCLING | BODYPUMP VIRTUAL |
| 13:30 | | | | CYCLING | | | |
| 14:00 | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | | |
| 15:15 | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING |
| 16:15 | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL |
| 17:00 | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | ABDOMINAIS | | |
| 17:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING |
| 17:30 | | | PILATES | | | | |
| 18:00 | CYCLING | 3B | HBX | 3B | ZUMBA | | |
| 18:15 | PILATES | CYCLING | RPM | | HYROXWOD | VIRTUAL CYCLING | BODYPUMP VIRTUAL |
| 18:30 | | | 3B | | RPM | | |
| 18:45 | | HYROXWOD | | | | | |
| 18:45 | | ZUMBA | | CYCLING | | | |
| 19:00 | HYROXWOD | | | POWERWOD | | | |
| 19:00 | | | | BODYPUMP | | | |
| 19:15 | VIVA RUN | | | | | | |
| 19:15 | VIRTUAL CYCLING | RPM | VIRTUAL CYCLING | | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING |
| 19:15 | BODYPUMP | | YOGA | | PILATES | | |
| 20:00 | HBX | BODYPUMP | VIRTUAL CYCLING | BODYATTACK | BODYPUMP VIRTUAL | VIRTUAL CYCLING | BODYPUMP VIRTUAL |
| 21:00 | VIRTUAL CYCLING | VIRTUAL CYCLING | BODYPUMP VIRTUAL | VIRTUAL CYCLING | VIRTUAL CYCLING | BODYPUMP VIRTUAL | 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