



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM LUMIAR



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	CYCLING E2 45'	BODYPUMP E1 45'	HYROXWOD BOX 30'	CYCLING E2 45'	BODYPUMP E1 45'		
09:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
10:00	PILATES E1 45'	ABS TO S	ABS TO S	PILATES E1 45'	VIRTUAL CYCLING E2 30'	BODYBALANCE E1 45'	BODYCOMBAT E1 45'
11:00	ABS TO S	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	ABS TO S	VIRTUAL CYCLING E2 30'	BODYPUMP E1 45'	BODYPUMP E1 45'
12:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	CYCLING E2 45'	CYCLING E2 45'
13:00	POWERWOD TO S	CYCLING E2 45'	BODYPUMP E1 45'	CYCLING E2 45'	BODYPUMP E1 45'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
14:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
16:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	
17:30	GAP E1 30'	BODYBALANCE E1 45'	POWERWOD TO S 30'	VIRTUAL CYCLING E2 30'	ZUMBA E1 45'		
18:00	ABS TO S	ABS TO S	VIRTUAL CYCLING E2 30'	CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
18:30	BODYBALANCE E1 45'	GAP E1 30'	VIRTUAL CYCLING E2 30'	BODYBALANCE E1 45'	CYCLING E2 45'		
18:45	POWERWOD TO S 30'	HYROXWOD BOX 30'	BODYPUMP E1 45'	VIRTUAL CYCLING E2 30'	BODYCOMBAT E1 30'		
19:15	ABS TO S 15'	ZUMBA E1 45'	ABS TO S 15'	ABS TO S 15'	VIRTUAL CYCLING E2 30'		
19:30	HYROXWOD BOX 30'	CYCLING E2 45'	HYROXWOD BOX 30'	BODYPUMP E1 30'	ABS TO S 15'		
19:30	BODYPUMP E1 45'	POWERWOD TO S 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	BODYPUMP E1 45'		
19:45	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	BODYCOMBAT E1 30'	ABS TO S 15'	VIRTUAL CYCLING E2 30'		
20:00	ABS TO S 15'	ABS TO S 15'	ABS TO S 15'	VIRTUAL CYCLING E2 30'	ABS TO S 15'		
20:15	CYCLING E2 45'	PILATES E1 45'	CYCLING E2 45'	PILATES E1 45'	VIRTUAL CYCLING E2 30'		
21:15	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		

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