



MAPA DE AULAS

VIVAGYM ALMADA



DATA INICIO: 01/07

INICIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM	
06:30	BODYPUMP	E1 30'	CYCLING	E2 30'			RPM	E2 30'	BODYPUMP	E1 30'				
07:30			BODYPUMP	E1 30'	HYBRID-WOD	BOX 30'			V-BOXING	HBX				
07:30	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'				
07:45														
08:00	ABS	TOS 15'					ABS	TOS 15'						
09:15	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	RPM	E2 30'	VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'
09:30	BODYBALANCE	E1 45'									CYCLING	E2 30'		
10:00							PILATES	E1 45'					CYCLING	E2 30'
10:15											BODYPUMP	E1 30'		
10:45													BODYPUMP	E1 30'
11:00	VIRTUAL CYCLING	E2 45'	ABS	TOS 15'	VIRTUAL CYCLING	E2 45'	ABS	TOS 15'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'		
11:00											PILATES	E1 45'		
11:30														
12:00			VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'						
12:30													VIRTUAL CYCLING	E2 45'
12:45	RPM	E2 30'			VIRTUAL CYCLING	E2 45'			BODYPUMP	E1 30'				
13:00	ABS	TOS 15'			ABS	TOS 15'			ABS	TOS 15'				
13:15														
13:30			HYBRID-WOD	BOX 30'	BODYPUMP	E1 30'	V-BOXING	HBX	VIRTUAL CYCLING	E2 45'				
14:00														
14:30														
15:00	VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'					VIRTUAL CYCLING	E2 45'		
16:00			VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'						
16:30	VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'		
17:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'				
17:30														
18:00	BODYPUMP	E1 30'					BODYBALANCE	E1 45'	BODYPUMP	E1 30'				
18:15			BODYPUMP	E1 30'	ZUMBA	E1 30'	VIRTUAL CYCLING	E2 45'						
18:30									RPM	E2 30'				
18:45	RPM	E2 30'			RPM	E2 30'								
19:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'				
19:00			ZUMBA	E1 30'			BODYPUMP	E1 30'	V-BOXING	HBX				
19:15	BODYATTACK	E1 30'			BODYPUMP	E1 30'								
19:30			RPM	E2 30'			RPM	E2 30'	PILATES	E1 45'				
19:45	VIRTUAL CYCLING	E2 45'	BODYBALANCE	E1 30'	VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'				
20:00	ABS	TOS 15'			ABS	TOS 15'			ABS	TOS 15'				
20:00	V-BOXING	HBX			HYBRID-WOD	BOX 30'	BODYATTACK	E1 30'						
20:15														
20:30					YOGA	E1 45'								
20:45	BODYBALANCE	E1 45'	BODYPUMP	E1 30'										
21:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'				
21:30														

FITDRINK

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO

SEM CALORIAS

3 SABORES
DIFERENTES

SEM AÇÚCARES

DESDE
3,90€
Antes 4,70€

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 HORÁRIO 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 AREA CLIENTE EM WWW.VIVAGYM.PT OU APP