



MAPA DE AULAS

VIVAGYM LOURES



INICIO: 01/08

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	BODYPUMP E1 30'		BODYPUMP E1 45'		HYBRID WOD BOX 30'		
07:15		CYCLING E2 30'					
07:30					HBX BOXING TOS 30'		
08:30	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'		
09:30	VIRTUAL CYCLING E2 45'			VIRTUAL CYCLING E2 45'			VIRTUAL CYCLING E2 45'
09:45						HYBRID WOD BOX 30'	
10:00					PILATES E1 45'		
10:15		PILATES E1 45'					HYBRID WOD BOX 30'
10:30				YOGA E1 45'		CYCLING E2 30'	
10:45						PILATES E1 45'	
11:00	VIRTUAL CYCLING E2 45'						CYCLING E2 30'
11:30		VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'		
12:30							VIRTUAL CYCLING E2 45'
12:45		POWER WOD BOX 30'	PILATES E1 45'	BODYPUMP E1 30'			
13:00					POWER WOD BOX 30'	VIRTUAL CYCLING E2 45'	
13:15	BODYPUMP E1 30'						
13:30		VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'				VIRTUAL CYCLING E2 45'
14:30	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	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'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	
17:30				VIRTUAL CYCLING E2 45'			
17:45						VIRTUAL CYCLING E2 45'	
18:00	HBX BOXING TOS 30'	BODYPUMP E1 30'	PILATES E1 45'		BODYPUMP E1 30'		
18:45	BODYCOMBAT E1 30'		CYCLING E2 30'	CYCLING E2 30'	BODYCOMBAT E1 30'		
19:00	CYCLING E2 30'		BODYPUMP E1 30'			VIRTUAL CYCLING E2 45'	
19:15		HBX BOXING TOS 30'					
19:15		ZUMBA E1 45'					
19:30	BODYPUMP E1 45'			CYCLING E2 30'			
19:45	CYCLING E2 30'		YOGA E1 45'				
21:00	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'		

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES
DIFERENTES



SEM AÇÚCARES

FITDRINK

A TUA ÁGUA
VITAMINADA



DESDE
3,90€
Antes 4,70€

*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 OBRIGATORIO.

> NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.

CARDIO

CYCLING

CORPO E MENTE

DANÇAS

FORÇA

ABS

FUNCIONAL

CYCLING
VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.VIVAGYM.PT OU APP