



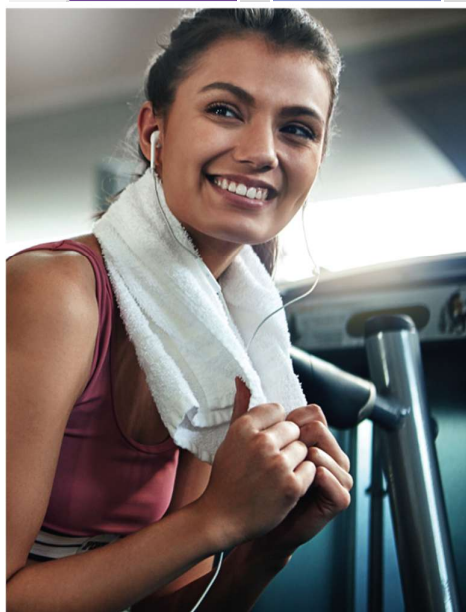
MAPA DE AULAS



VIVAGYM SÃO DOMINGOS DE RANA

INICIO: 1/12

INICIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁB	DOM
07:00	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	V-FIGHT	3B		
07:45	HYBRID WOD		CROSS WOD				
08:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:00						CYCLING	V-FIGHT
09:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	V-POWER	V-POWER
10:00						CROSS WOD	
10:30	PILATES			PILATES			
11:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	HYBRID WOD	
11:30							CYCLING
12:00	ABS		ABS		ABS	PILATES	ABS
12:30	HYBRID WOD			HYBRID WOD			
12:45		PILATES	V-POWER		CYCLING		
13:00	V-POWER	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
16:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
18:15	DANCE		3B		V-POWER		
18:30	CYCLING	V-FIGHT		CYCLING			
18:30				HYBRID WOD			
19:00		HYBRID WOD	DANCE				
19:15	3B		CYCLING	CROSS WOD	PILATES		
19:30		V-POWER					
20:00	PILATES	CYCLING VIRTUAL	PILATES	CYCLING VIRTUAL	CYCLING VIRTUAL		



TREINAR MUDA TUDO



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.

CORPO E MENTE	CYCLING	COREOGRAFIA
CORPO E MENTE VIRTUAL	CYCLING VIRTUAL	FUNCIONAL
CARDIO	TONIFICAÇÃO	ABDOMINAIS
CARDIO VIRTUAL	TONIFICAÇÃO VIRTUAL	

RESERVA A TUA VAGA NA ÁREA CLIENTE EM www.vivagym.pt OU APP