



MAPA DE AULAS VIVAGYM SANTOS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER	GAP	CYCLING	V-BURN	V-POWER		
07:15	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
08:00	V-MIND						
09:15		YOGA		PILATES	HYBRID WOD	GAP	V-POWER
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
10:15	ABS	ABS	ABS	ABS	ABS	CYCLING	PILATES
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
12:00	ABS	ABS	ABS	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING
12:15					V-MIND		
12:30	V-BURN		V-POWER	V-BURN			
13:00	CYCLING	CYCLING			V-BURN	VIRTUAL CYCLING	VIRTUAL CYCLING
13:15	ABS	3B		V-POWER	CYCLING		
13:30	V-POWER	ABS	PILATES		ABS		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:30							
17:30	V-POWER	3B	V-POWER		VIRTUAL CYCLING		
18:15							
18:15		V-POWER	ABS	CYCLING	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING
18:30	HYBRID WOD		3B				
18:30	3B						
19:00				V-POWER			
19:15				ABS			
19:15		PILATES	ZUMBA				
19:30		CYCLING		HYBRID WOD			
20:00	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

O MELHOR
PRESENTE:
CONTINUAR EM MOVIMENTO
BOAS FESTAS!



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.



O USO DE TOALHA É OBRIGATORIO.



NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INICIO 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