



MAPA DE AULAS

VIVAGYM MARQUÊS DE POMBAL



INÍCIO: 1/12

| INÍCIO | SEG | TER | QUA | QUI | SEX | SÁB | DOM |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00 | V-POWER | CYCLING | PILATES | HYBRID WOD | V-BURN | | |
| 07:45 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | HYBRID WOD | | |
| 09:00 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | PILATES | VIRTUAL CYCLING |
| 10:00 | VIRTUAL CYCLING | YOGA | VIRTUAL CYCLING | VIRTUAL CYCLING | YOGA | CYCLING | VIRTUAL CYCLING |
| 11:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | V-MIND |
| 12:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | |
| 12:30 | GAP | DANCE | VIRTUAL CYCLING | DANCE | V-POWER | | |
| 12:45 | CYCLING | | GAP | V-BOXING | CYCLING | | |
| 13:00 | HYBRID WOD | CYCLING | HYBRID WOD | CYCLING | ABS | | |
| 13:15 | V-MIND | ABS | ABS | V-MIND | VIRTUAL CYCLING | | |
| 13:30 | ABS | | V-BURN | ABS | GAP | | |
| 15:00 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | |
| 16:00 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | |
| 17:30 | ABS | DANCE | ABS | VIRTUAL CYCLING | ABS | | |
| 17:45 | V-POWER | VIRTUAL CYCLING | PILATES | HYBRID WOD | V-BOXING | | |
| 18:00 | ABS | HYBRID WOD | V-BOXING | VIRTUAL CYCLING | PILATES | | |
| 18:30 | VIRTUAL CYCLING | V-POWER | VIRTUAL CYCLING | V-BOXING | ABS | | |
| 18:45 | ABS | CYCLING | | | CYCLING | | |
| 19:00 | CYCLING | | CYCLING | ABS | ABS | | |
| 19:15 | GAP | ABS | GAP | | VIRTUAL CYCLING | | |
| 19:30 | ABS | VIRTUAL CYCLING | | CYCLING | VIRTUAL CYCLING | | |
| 20:00 | PILATES | VIRTUAL CYCLING | ABS | ABS | ABS | | |
| 20:15 | VIRTUAL CYCLING | ABS | 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 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