



MAPA DE AULAS VIVAGYM SACA VÉM



INICIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:00	V-POWER	CROSS WOD	V-POWER	GAP	V-BURN		
07:45		HYBRID WOD	CYCLING				
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	ABS	ABS	ABS	ABS	ABS		PILATES
10:15	GAP			V-POWER	STRETCHING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	YOGA	VIRTUAL CYCLING
13:15	V-POWER	CYCLING	GAP	CYCLING	V-BURN		
14:00	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
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	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS		
18:00	VIRTUAL CYCLING	V-MIND	VIRTUAL CYCLING		GAP	VIRTUAL CYCLING	
18:00	V-POWER	CYCLING	V-POWER	V-POWER	VIRTUAL CYCLING		
18:15	CROSS WOD	VIRTUAL CYCLING	ABS	ABS	ABS		
18:45	ABS		ABS	HYBRID WOD			
19:00	HYBRID WOD	ABS			V-MIND	VIRTUAL CYCLING	
19:00	CYCLING	CYCLING		VIRTUAL CYCLING	CYCLING		
19:00							
19:15			CYCLING				
19:30	VIRTUAL CYCLING	VIRTUAL CYCLING		CYCLING	ABS		
20:00		V-POWER	V-BURN	V-MIND			
20:00	CYCLING	ABS	ABS	ABS	ABS		
20:15	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		



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