



MAPA DE AULAS

VIVAGYM Amoreiras



INICIO: 01/12

INICIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁB	DOM
07:00	CROSS WOD	V-POWER	CROSS WOD	V-POWER	CROSS WOD		
07:00	ABS	ABS	ABS	ABS	ABS		
07:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING		
07:45		V-BURN		V-BURN			
08:00	GAP		GAP	ABS	ABS		
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-BOXING	VIRTUAL CYCLING		
09:00	ABS	ABS	ABS	ABS	ABS		
10:00	ABS	ABS	ABS	ABS	ABS	V-POWER	
10:30	V-MIND	YOGA	CROSS WOD	V-MIND	YOGA	VIRTUAL CYCLING	VIRTUAL CYCLING
11:00	ABS	ABS	ABS	ABS	ABS	V-BOXING	GAP
11:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	YOGA
12:00	ABS	ABS	ABS	ABS	ABS	ABS	ABS
12:15		GAP	VIRTUAL CYCLING	V-BOXING	PILATES		
12:30	CYCLING	VIRTUAL CYCLING	ABS		VIRTUAL CYCLING		
13:00	V-POWER		V-MIND	V-POWER		VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	ABS	V-BURN	ABS	ABS	ABS		
13:15	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING		
13:15					GAP		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00		ABS	PILATES	ABS	ABS		
18:15	V-POWER	V-BOXING		V-BURN	CROSS WOD		
18:30	CYCLING	VIRTUAL CYCLING	CYCLING		VIRTUAL CYCLING		
19:00		V-POWER		V-POWER	ABS		
19:00	ABS	ABS	ABS	CYCLING	VIRTUAL CYCLING		
19:15	V-BURN	CYCLING	ZUMBA	ABS	PILATES		
19:30	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING		VIRTUAL CYCLING		
20:00	DANCE	V-MIND	ABS	ABS	GAP		

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 APÓS 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