



MAPA DE AULAS VIVAGYM CASCAIS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	HYBRID WOD						
07:15		CYCLING	V-POWER	CYCLING	HYBRID WOD		
07:30	CROSS WOD						
08:00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
08:15		ABS		ABS			
09:00	V-BURN	V-POWER	V-FIGHT	HYBRID WOD	CYCLING		VIRTUAL CYCLING
09:15	ABS		ABS				
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	
10:00				HYBRID WOD			VIRTUAL CYCLING
10:15	PILATES		PILATES				
10:30		V-MIND		YOGA	V-MIND	V-POWER	
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
11:00	ZUMBA		3B				VIRTUAL CYCLING
11:15						V-MIND	
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	
12:30				PILATES			VIRTUAL CYCLING
13:00	V-POWER		V-POWER		3B		
13:15		V-BURN		CYCLING			
13:30							
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:45		YOGA					
18:15	V-MIND		ZUMBA				
18:15	3B	ABS		V-POWER			
18:30	ABS	V-POWER	V-BURN	YOGA	V-FIGHT		
19:00	CYCLING	PILATES	CYCLING	ABS	CYCLING		
19:15	HYBRID WOD	V-FIGHT	HYBRID WOD	V-FIGHT	V-POWER		
19:15	ZUMBA	CYCLING	V-BOXING				
19:30	V-POWER		3B	CYCLING			
19:30				PILATES			
20:00		DANCE	V-MIND				
20:00		CROSS WOD					
20:15							
20:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
21:00		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