



MAPA DE AULAS VIVAGYM ALFRAGIDE NORTE



DATA INICIO: 1/12

INICIO	SEG	TER	QUA	QUI	SEX	SAB	DOM
06:45	CROSS WOD		CYCLING		V-POWER		
07:00		V-POWER		PILATES			
07:30							
07:45							
08:00							
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30							
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	
10:30							
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-BURN	V-POWER
11:30							
12:00							V-MIND
12:15							
12:30	V-POWER	CYCLING	V-POWER	CYCLING	HYBRID WOD	VIRTUAL CYCLING	
13:00			ABS		ABS		VIRTUAL CYCLING
13:15	PILATES	CROSS WOD					
13:30						VIRTUAL CYCLING	
13:45							
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:00							
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00							
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00							
17h30						VIRTUAL CYCLING	
17h45							
18:00		V-POWER					
18:15					V-BURN		
18:30	HYBRID WOD		HYBRID WOD	CROSS WOD			
18:45		3B					
19:00	CYCLING		CYCLING				
19:15				V-MIND	CYCLING		
19:30			DANCE				
19:45		PILATES					
20:00	V-POWER						
20:15							
20:30	VIRTUAL CYCLING	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