



MAPA DE AULAS



VIVAGYM ALFRAGIDE ZONA COMERCIAL

DATA INÍCIO: 01/12

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	V-POWER	YOGA		V-FIGHT		
07:00				V-BURN			
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	
12:15	V-POWER	PILATES	CYCLING	V-POWER	HYBRID WOD		
12:30						VIRTUAL CYCLING	VIRTUAL CYCLING
13:00					V-BURN		
13:15	CYCLING	3B	V-POWER	CYCLING			
13:30						VIRTUAL CYCLING	VIRTUAL CYCLING
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	V-POWER			3B			
18:15			CYCLING				
18:15		V-POWER	V-FIGHT				
18:45		HYBRID WOD			V-POWER		
19:00	V-FIGHT			DANCE			
19:00	CYCLING						
19:15			HYBRID WOD				
19:15		PILATES	V-POWER				
19:30		CYCLING					
19:45					PILATES		
20:00				YOGA			
20:00	CROSS WOD						
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

FITDRINK

sem calorias

3 sabores

sem açúcares

A TUA ÁGUA VITAMINADA

Apenas:
4'90
€/mes

- 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