



MAPA DE AULAS VIVAGYM LEIRIA



DATA INICIO: 1/12

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	FIT MOVES		GAP		CYCLING		
07:30							
07:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		3B		
09:30	VIRTUAL CYCLING	ABS	ABS	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
10:00		V-POWER	ABS				
10:15			PILATES	V-MIND		CYCLING	
10:30	ABS			ABS	YOGA		VIRTUAL CYCLING
10:45		CYCLING					
11:00					ABS		
11:15							
11:30	VIRTUAL CYCLING	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	ABS	
13:00				ABS	ABS		
14:00	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	VIRTUAL CYCLING
17:45	ABS	DANCE	ABS	HYBRID WOD		VIRTUAL CYCLING	
18:00		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00			V-MIND				
18:15	V-POWER	V-FIGHT					
18:30			V-POWER				
18:30			CYCLING	CROSS WOD			
18:45	V-MIND						
18:45	CYCLING			3B	VIRTUAL CYCLING	VIRTUAL CYCLING	
19:00		CROSS WOD	CROSS WOD		HYBRID WOD		
19:00				VIRTUAL CYCLING	VIRTUAL CYCLING		
19:15	PILATES		PILATES	VIRTUAL CYCLING		VIRTUAL CYCLING	
19:30	CROSS WOD	HYBRID WOD	HYBRID WOD		GAP		
19:30		CYCLING					
19:45				CYCLING			
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING				
20:15				VIRTUAL CYCLING	YOGA		
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	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