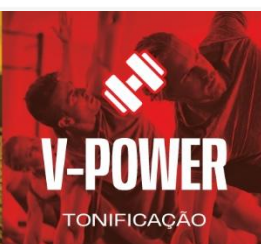




MAPA DE AULAS VIVAGYM LOURES



INICIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
06:30							
07:00	V-POWER E1 45'	V-BOXING TOS30' E2 30'	V-POWER E1 45'	CYCLING E2 30'	CROSS WOD TOS30' E2 30'		
07:30							
07:45							
08:00							
08:30							
09:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
09:30	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'		
09:30							
09:45							HYBRID WOD BOX 30'
10:00							
10:00							
10:15		PILATES E1 45'					
10:30	GAP E1 30'					CYCLING E2 45'	CYCLING E2 45'
10:30							
11:30	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	V-MIND E1 45'	
12:30	CYCLING E2 30'					VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'
12:30							
12:45		V-BURN E1 30'					
13:00			V-POWER E1 30'	V-POWER E1 30'	CROSS WOD TOS30'		
13:15	V-POWER E1 30'	CYCLING E2 30'	CYCLING E2 30'	CYCLING E2 30'			
13:30						VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'
14:00							
14:30							
15:00							
15:30						VIRTUAL CYCLE E2 45'	
16:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
16:30	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'		
17:30						VIRTUAL CYCLE E2 45'	
17:45					V-BURN		
18:00							
18:15							
18:30	V-FIGHT E1 30'				PILATES E1 45'		
18:30		DANCE E1 45'					
18:45	CYCLING E2 45'		CYCLING E2 45'				
19:00			V-POWER E1 45'	YOGA E1 45'			
19:15	V-POWER E1 30'						
19:30		V-POWER E1 45'					
19:30				CYCLING E2 45'			
19:45							
20:00							
20:15							
20:30							
20:30	YOGA E1 45'						
21:00	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'	VIRTUAL CYCLE E2 45'		



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 INÍCIO DA AULA.

CORPO E MENTE
CORPO E MENTE VIRTUAL
FUNCIONAL

CARDIO
CARDIO VIRTUAL
COREOGRAFIA

CYCLING
CYCLING VIRTUAL
ABDOMINAIS

TONIFICAÇÃO
TONIFICAÇÃO VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM www.vivagym.pt OU APP