



MAPA DE AULAS VIVAGYM ALFRAGIDE NORTE



DATA INICIO: 05/01/2026

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



TREINAR MUDA TUDO



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