



MAPA DE AULAS PORTIMÃO



DATA DE INÍCIO: 1/01

INÍCIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM
07:10	3B	E1 45'	STRETCHING	E3 45'	VIRTUAL CYCLING	E2 45'	V-POWER	E1 45'	FIT MOVES	TOS 45'			
08:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			
08:30	CROSS WOD	TOS 45'			CROSS WOD	TOS 45'			CROSS WOD	TOS 45'			
09:15	V-POWER	E1 45'	PILATES	E3 45'	CYCLING	E2 45'	PILATES	E3 45'	FIT MOVES	E1 45'	PILATES	E1 45'	
09:15			VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'					VIRTUAL CYCLING E2 45'
10:00	VIRTUAL CYCLING	E2 45'	V-BURN	E1 45'			3B	E1 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	
11:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	3B	E1 45'	VIRTUAL CYCLING E2 45'
12:00													
13:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
14:00													
17:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			
17:30	V-BURN	E1 30'			FIT MOVES	E1 45'			CYCLING	E2 45'			
18:15	ZUMBA	E3 45'							ZUMBA	E3 45'			
18:15	CYCLING	E2 45'	CYCLING	E2 45'	CYCLING	E2 45'							
18:15	FIT MOVES	E1 45'					3B	E1 45'					
18:30							CYCLING	E2 45'	V-POWER	E1 45'			
18:30			GAP	E1 30'									
19:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			
19:15	FIT MOVES	E1 45'	3B	E1 45'	V-POWER	E1 45'	GAP	E1 30'					
19:15	PILATES	E3 45'			PILATES	E3 45'			PILATES	E3 45'			
19:30	CYCLING	E2 45'			CYCLING	E2 45'			V-BURN	E1 45'			
19:30									VIRTUAL CYCLING	E2 45'			
20:00			VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'					
20:15			CROSS WOD	TOS 45'			CROSS WOD	TOS 45'					
21:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			



 **GYMNASIUM**
by  **VIVAGYM**



A GYMNASIUM BY 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

CARDIO

CYCLING

TONIFICAÇÃO

CORPO E MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICAÇÃO VIRTUAL

FUNCIONAL

COREOGRAFIA

ABDOMINAIS

RESERVA A TUA VAGA NA ÁREA CLIENTE NA APP

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