



MAPA DE AULAS VIVAGYM LEIRIA



DATA INICIO: 02/01

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



QUERER-SE MAIS COMEÇA AQUI

Reserva a tua aula na App VivaGym



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