



# MAPA DE AULAS



VIVAGYM BARREIRO

FECHA INICIO: 1/01

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00							
07:15	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'
08:00	ABS S	TO S	ABS S	TO S	ABS S	TO S	
09:00	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'
09:30	V-BURN 30'	E1 30'	V-POWER 30'	E1 30'	GAP 30'	E1 30'	HYBRID WOD X
10:15	V-MIND 45'	E1 45'	CYCLING 30'	E2 45'	CYCLING 30'	E2 45'	PILATES 45'
12:00	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'
13:00	V-POWER 30'	E1 30'	GAP 30'	E1 30'	GAP 30'	E1 30'	HYBRID WOD X
13:30							
14:00	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'
15:30	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'
17:00	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'
18:00	CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'
18:15	HYBRID WOD X	BO X		HYBRID WOD BO X			
18:30	V-POWER 30'	E1 30'	ZUMBA 45'	E1 45'	V-POWER 45'	E1 45'	V-FIGHT 45'
19:00	CYCLING 45'	E2 45'	CYCLING 45'	E2 45'	CYCLING 45'	E2 45'	CYCLING 45'
19:15		HYBRID WOD X			HYBRID WOD BO X		
19:30	V-BURN 45'	E1 45'	PILATES 45'	E1 45'	V-FIGHT 45'	E1 45'	V-POWER 45'
20:30	PILATES 45'	E1 45'	V-POWER 30'	E1 30'	ZUMBA 45'	E1 45'	V-POWER 45'
21:30	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'	E2 30'	VIRTUAL CYCLING 30'



TREINAR  
MUDA  
TUDO



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR  
O HORARIO POR RAZÕES EXTERNAS.



O USO DE TOALHA É OBRIGATÓRIO.



NÃO PODERÁ ENTRAR NA SALA APÓS 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	