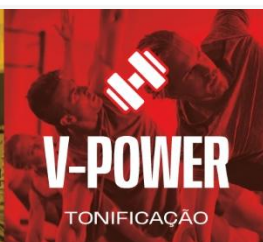




MAPA DE AULAS VIVAGYM LOURES



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