

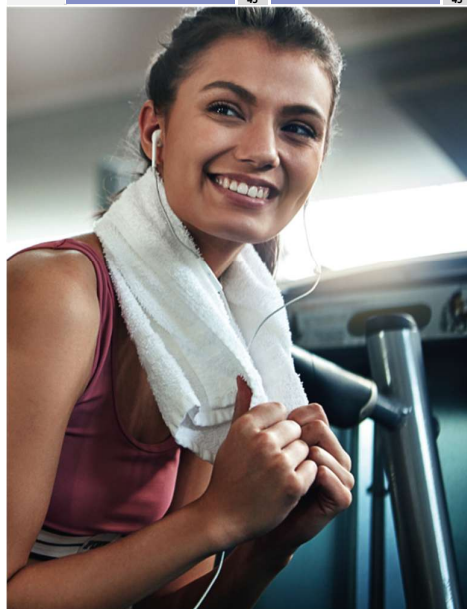


MAPA DE AULAS VIVAGYM SÃO DOMINGOS DE RANA



INICIO: 2/01

INICIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:00	V-POWER	CYCLING	3B	V-FIGHT	CROSS WOD		
07:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
07:45	HYBRID WOD		HYBRID WOD				
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CROSS WOD	V-FIGHT
10:30	PILATES			PILATES			
11:00						V-BURN	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	HYBRID WOD	V-POWER
11:30							CYCLING
12:00	ABS	ABS	ABS	ABS	ABS		
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES	PILATES	
12:30	HYBRID WOD	3B	V-POWER	HYBRID WOD	CYCLING		
13:00	V-POWER			V-BURN		VIRTUAL CYCLING	VIRTUAL CYCLING
13:15		PILATES	CYCLING		V-POWER		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	ABS	ABS	ABS	ABS	ABS		
18:00			3B				
18:15	DANCE			DANCE	V-POWER		
18:30	CYCLING			CYCLING			
18:30	HYBRID WOD	V-FIGHT		HYBRID WOD			
18:45		HYBRID WOD					
19:00			DANCE			VIRTUAL CYCLING	VIRTUAL CYCLING
19:15	3B		CYCLING	CROSS WOD	PILATES		
19:30		V-POWER					
19:30		CYCLING					
20:00	PILATES		PILATES			VIRTUAL CYCLING	VIRTUAL CYCLING
21:00	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