



MAPA DE AULAS

VIVAGYM SINTRA



DATA DE INÍCIO: 05/01

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	GAP	HYBRID WOD	BOX	CYCLING	PILATES	
06:45		VIRTUAL CYCLING	VIRTUAL CYCLING	E2		VIRTUAL CYCLING	
07:30		PILATES	CROSS WOD	TOS			
07:45	FIT MOVES			HYBRID WOD	VIRTUAL CYCLING		
08:15			VIRTUAL CYCLING	E2			
08:30	VIRTUAL CYCLING			VIRTUAL CYCLING	E2		
09:00	ABS		ABS	TOS		VIRTUAL CYCLING	VIRTUAL CYCLING
09:30	VIRTUAL CYCLING		VIRTUAL CYCLING	E2	VIRTUAL CYCLING		
10:00		PILATES		PILATES	ABS		
10:15						GAP	
10:30	PILATES	ABS	FIT MOVES	ABS	FIT MOVES		VIRTUAL CYCLING
10:30	CROSS WOD		ABS	TOS			
11:00		VIRTUAL CYCLING		VIRTUAL CYCLING		DANCE	
11:00						CYCLING	
11:15	VIRTUAL CYCLING				YOGA		
11:30	ABS						
12:00						V-Power	
12:15	V-Power	GAP	VIRTUAL CYCLING	CYCLING	CYCLING		
12:15		VIRTUAL CYCLING					
12:30			V-Power				
13:00	CYCLING	CYCLING			HYBRID WOD		
13:15		CROSS WOD	V-MIND	GAP		VIRTUAL CYCLING	VIRTUAL CYCLING
13:15				CROSS WOD			
14:00						ABS	ABS
16:00	ABS	ABS	ABS	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		ABS	ABS
17:00	ABS	ABS	ABS	ABS	VIRTUAL CYCLING		
17:15	PILATES	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:15	VIRTUAL CYCLING						
17:30				STRETCHING			
18:15	V-FIGHT	GAP	PILATES	CROSS WOD	V-BURN		
18:15	CYCLING	CYCLING	CYCLING	DANCE	VIRTUAL CYCLING		
18:30				CYCLING			
19:00				HYBRID WOD	GAP		
19:00					DANCE		
19:15	V-Power	HYBRID WOD	V-Power	V-FIGHT		VIRTUAL CYCLING	
19:15	HYBRID WOD	PILATES	DANCE				
19:15		CYCLING					
20:00	CROSS WOD	CROSS WOD	CYCLING		V-MIND		
20:00	CYCLING			ABS	ABS		
20:00					VIRTUAL CYCLING		
20:15			YOGA				
20:15			ABS				
21:00		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 HORARIO POR RAZOES EXTERNAS.
- O USO DE TOALHA É OBRIGATORIO.
- NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INICIO 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 EM www.vivagym.pt OU APP