



# MAPA DE AULAS VIVAGYM ALVERCA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-CROSS	V-POWER	GAP	CYCLING	V-BOXING		
07:45	V-HYBRID						
08:15	VIRTUAL CYCLING						
09:15	VIRTUAL CYCLING						
10:00						V-POWER	CYCLING
10:15	FIT MOVES	V-MIND	V-POWER	PILATES	V-MIND		
10:30						CYCLING	
10:45							V-YOGA
11:00	VIRTUAL CYCLING						
11:15	ABS	ABS	ABS	ABS	ABS	GAP	ABS
12:00	VIRTUAL CYCLING		ABS				
13:00	CYCLING	V-POWER	CYCLING	V-CROSS	V-BOXING		VIRTUAL CYCLING
14:00	VIRTUAL CYCLING		VIRTUAL CYCLING				
15:00	VIRTUAL CYCLING						
16:00	VIRTUAL CYCLING						
17:00	VIRTUAL CYCLING						
17:15	V-BURN	V-BOXING	V-POWER	GAP			
18:00		V-CROSS	V-CROSS			VIRTUAL CYCLING	
18:00	V-FIGHT	V-POWER	V-BURN	PILATES	V-POWER		
18:15	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING		
18:30		V-HYBRID	V-HYBRID				
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	V-POWER	PILATES	V-FIGHT	V-POWER	V-BURN		
19:15	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
20:00	V-YOGA	ZUMBA	V-MIND	ZUMBA			
20:00	ABS	ABS	ABS	ABS	ABS		
20:30	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	