



MAPA DE AULAS VIVAGYM ALFRAGIDE NORTE



Data de Início: 01/03

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	V-CROSS	V-POWER	CYCLING	PILATES	V-POWER		
07:00							
07:30							
08:00							
08:30							
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30							
10:00						CYCLING	V-POWER
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:00						V-BURN	V-MIND
12:00							
12:15	V-POWER		V-BURN				
12:30	ABS	CYCLING		V-POWER	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	CYCLING	ABS	ABS	ABS	ABS		
13:15		V-CROSS	PILATES	V-HYBRID	PILATES		
13:15							
14:00							
14:30							
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:30							
16:00							
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00						VIRTUAL CYCLING	VIRTUAL CYCLING
18:00	ABS	ABS	ABS	V-POWER	ABS		
18:15	V-HYBRID	V-HYBRID					
18:30		CYCLING	CYCLING		CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:45	CYCLING	V-BURN	3B				
19:00	3B			V-CROSS			
19:30					V-MIND		
19:45	V-POWER	PILATES	DANCE				
20:00							
20:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	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 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