



MAPA DE AULAS VIVAGYM CASCAIS



DATA INICIO 1/03

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-HYBRID	BOX 30'					
07:15		CYCLING	V-POWER		V-HYBRID	BOX 30'	
07:30	V-CROSS	TOS 30'					
08:00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
08:15							
09:00	V-BURN	V-POWER	V-FIGHT	V-POWER	CYCLING		
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
09:45					V-BOXING		
10:00	3B	V-HYBRID	3B	V-HYBRID			
10:00	PILATES		PILATES				
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	
10:30		V-MIND		V-YOGA	V-MIND	V-POWER	
11:00	ZUMBA		ZUMBA				
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-MIND	
11:30						CYCLING	VIRTUAL CYCLING
12:30					V-BURN		VIRTUAL CYCLING
12:30		3B		PILATES			
13:00	V-POWER		V-POWER				
13:15	VIRTUAL CYCLING	V-BURN	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
13:15					3B		
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:15	V-MIND		V-BURN	V-POWER			
18:15	3B		ZUMBA				
18:30		V-POWER			V-FIGHT		
18:30		V-YOGA		V-YOGA	CYCLING		
19:00	V-HYBRID		CYCLING		CYCLING		
19:00	CYCLING						
19:15	V-POWER	V-FIGHT	V-HYBRID	V-FIGHT	V-POWER		
19:15	ZUMBA	CYCLING	3B				
19:30			V-BOXING	CYCLING			
19:30				PILATES			
20:00		DANCE					
20:00		V-CROSS					
20:15	V-BOXING						
20:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
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 APÓS 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