



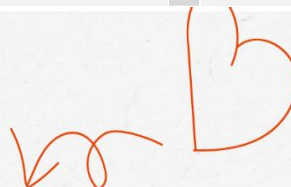
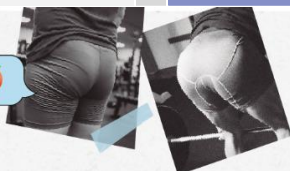
MAPA DE AULAS



VIVAGYM VISEU

INICIO: 1/03

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