



MAPA DE AULAS

VIVAGYM COIMBRA

DATA INICIO: 1/06



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER	VIRTUAL BURN	FIT MOVES	CYCLING	V-FIGHT		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:15	3B	V-METCON	VIRTUAL FIGHT	VIRTUAL POWER	VIRTUAL BURN		
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	V-POWER
11:00	ABS	ABS	ABS	ABS	ABS		
11:15	PILATES	V-MIND	FIT MOVES	V-MIND	V-YOGA		
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	ZUMBA	CYCLING
12:15	CYCLING	V-FIGHT	V-POWER	V-BURN	V-POWER		
12:30	VIRTUAL POWER	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-YOGA	
13:00	ABS	ABS	ABS	ABS	ABS		
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00	ABS	ABS	ABS	ABS	ABS	VIRTUAL BURN	VIRTUAL POWER
17:30	PILATES			ZUMBA			
17:45		V-POWER	V-FIGHT		3B		
18:15	V-CROSS			VIRTUAL CYCLING			
18:30	V-POWER	FIT MOVES	ZUMBA	V-POWER	CYCLING		
18:45	CYCLING	VIRTUAL CYCLING	CYCLING		VIRTUAL BURN		
19:15	V-FIGHT	V-BURN		V-FIGHT			
19:30		V-METCON	V-POWER		V-METCON		
19:30	VIRTUAL CYCLING	CYCLING		CYCLING			
19:45	V-RUN		V-RUN				
20:15	VIRTUAL BURN	ZUMBA	VIRTUAL CYCLING	VIRTUAL MIND	VIRTUAL POWER		



- A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO POR RAZÕES EXTERNAS.
- O USO DE TOALHA É OBRIGATÓRIO.
- NÃO PODERÁ ENTRAR NA SALA APÓS 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