



MAPA DE AULAS VIVAGYM MASSAMÁ



DATA DE INÍCIO: 1/06

| INICIO | SEG | TER | QUA | QUI | SEX | SÁB | DOM |
|--------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| 07:00 | V-POWER E1 45' | GAP E1 45' | CYCLING E2 45' | V-FIGHT E1 45' | V-METCON BOX 30' | | |
| 08:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | |
| 08:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | | |
| 09:00 | | | CYCLING E2 45' | | | V-FIGHT E1 45' | |
| 09:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 10:00 | 3B E1 45' | V-METCON BOX 30' | PILATES E1 45' | | FIT MOVES E1 45' | V-POWER E1 45' | |
| 10:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 10:30 | | | | V-YOGA E1 45' | | V-METCON BOX 30' | |
| 11:00 | | PILATES E1 45' | | | | V-MIND E1 45' | |
| 11:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 12:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | ZUMBA E1 45' | VIRTUAL CYCLING E2 45' |
| 12:30 | V-POWER E1 45' | 3B E1 45' | CYCLING E2 45' | V-METCON BOX 30' | GAP E1 45' | | |
| 13:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 13:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 15:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 16:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 17:00 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 17:45 | | | | V-POWER E1 30' | | | |
| 18:00 | V-BURN E1 30' | | V-YOGA E1 45' | | PILATES E1 45' | | |
| 18:00 | | | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 18:15 | | V-MIND E1 45' | V-METCON BOX 30' | | | | |
| 18:30 | CYCLING E2 45' | CYCLING E2 30' | | PILATES E1 45' | | | |
| 18:45 | V-POWER E1 30' | | | CYCLING E2 30' | | | |
| 19:00 | | | V-POWER E1 45' | V-METCON BOX 30' | | | |
| 19:00 | | | CYCLING E2 45' | | CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 19:15 | V-METCON BOX 30' | V-METCON BOX 30' | V-METCON BOX 30' | | | | |
| 19:15 | | GAP E1 45' | | | V-FIGHT E1 45' | | |
| 19:30 | V-FIGHT E1 30' | | | GAP E1 30' | | | |
| 19:30 | CYCLING E2 45' | CYCLING E2 45' | | CYCLING E2 45' | | | |
| 20:00 | | | 3B E1 30' | | | | |
| 20:00 | | | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 20:15 | V-MIND E1 45' | | | DANCE E1 45' | | | |
| 20:30 | | V-POWER E1 45' | | | | | |
| 20:30 | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' | | | |



- A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORARIO POR RAZÕES EXTERNAS.
- O USO DE TOALHA É OBRIGATORIO.
- NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INICIO DA AULA.

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| 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