



MAPA DE AULAS

VIVAGYM BENFICA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	V-POWER	PILATES		CYCLING		
07:30							
08:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	ABS	ABS	ABS	ABS	ABS		
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30		V-YOGA		V-YOGA			
10:00						V-METCON WOD	
10:30	PILATES	GAP	V-YOGA	ZUMBA	PILATES	PILATES	V-POWER
10:45						CYCLING	
11:15	ABS	ABS	ABS	ABS	ABS	CYCLING	
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	CYCLING
12:15	V-POWER			PILATES			
12:30			CYCLING			V-YOGA	
13:00		PILATES					
13:15	CYCLING		GAP	V-POWER	CYCLING		
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	ABS	ABS	ABS	ABS	ABS		
17:00	GAP					V-POWER	
17:15		V-BURN		V-POWER	PILATES		
17:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:45	ZUMBA						
18:00		PILATES				CYCLING	
18:15				V-MIND	V-POWER		
18:30			V-MIND				
18:30	CYCLING	CYCLING	CYCLING				
18:30	V-METCON WOD	V-METCON WOD	V-METCON WOD		V-METCON WOD		
18:45	V-POWER						
19:00		V-FIGHT		CYCLING	CYCLING		
19:15				GAP	ZUMBA		
19:30		CYCLING	V-POWER				
19:45	CYCLING		CYCLING				
19:45	V-BURN						
20:00		GAP		V-FIGHT			
20:00				CYCLING			
20:15					V-YOGA		
20:30	V-MIND		PILATES				
20:45		V-MIND		V-BURN			
21:00							

ESTREAMOS O
RUN CLUB BY 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 APOÓS 5 MINUTOS DO INÍCIO DA AULA.

DORPO 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