# HORÁRIO DE AULAS DE GRUPO

VIVAGYM

| Início | Segunda | Terça | Quarta | Quinta | Sexta | Sábado | Domingo |
|---|---|---|---|---|---|---|---|
| 07:00 | | | | | Run Club (P.D.Nações) OUT 60' | | |
| 08:30 | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | | |
| 09:00 | | | | V-Power E1 45' | | | |
| 09:15 | GAP E1 45' | | GAP E1 45' | | | Virtual Cycling E2 45' | Virtual Cycling E2 45' |
| 11:00 | Pilates E1 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' |
| 16:30 | 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' |
| 18:15 | V-Power E1 30' | Run Club (P.D.Nações) OUT 60' | | | | | |
| 19:00 | | | V-Power E1 45' | | | Virtual Cycling E2 45' | Virtual Cycling E2 45' |
| 19:30 | ABS SOF 15' | | | | | | |
| 19:45 | Pilates E1 45' | | | | | | |
| 20:00 | | Zumba E1 30' | Stretching E1 30' | | | | |
| 21:00 | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | | |