# HORÁRIO DE AULAS DE GRUPO

VIVAGYM

| Início | Segunda | Terça | Quarta | Quinta | Sexta | Sábado | Domingo |
|---|---|---|---|---|---|---|---|
| 06:30 | | | Fit Moves E1 30' | | | | |
| 06:45 | Cycling E2 45' | GAP E1 30' | | V-Hybrid BOX 30' | Virtual Cycling E2 45' | | |
| 06:45 | | Virtual Cycling E2 45' | | | | | |
| 07:30 | | V-Cross BOX 30' | | V-Cross BOX 30' | | | |
| 08:15 | | | | Virtual Cycling E2 45' | | | |
| 09:00 | | | | | | Virtual Cycling E2 45' | Virtual Cycling E2 45' |
| 09:30 | Virtual Cycling E2 45' | Virtual Cycling E2 45' | | | Virtual Cycling E2 45' | | |
| 10:00 | V-Cross BOX 30' | Pilates E1 45' | | Pilates E1 45' | | | |
| 10:15 | | | | | | GAP E1 30' | |
| 10:30 | Pilates E1 45' | | Fit Moves E1 45' | | Fit Moves E1 30' | | Virtual Cycling E2 45' |
| 11:00 | Virtual Cycling E2 30' | | | Virtual Cycling E2 30' | | Cycling E2 45' | |
| 11:15 | | | | | V-Yoga E1 45' | | |
| 12:00 | | | | | | V-Power E1 45' | |
| 12:15 | V-Power E1 45' | GAP E1 45' | V-Power E1 30' | Cycling E2 45' | Cycling E2 30' | | |
| 12:15 | | | Cycling E2 45' | | | | |
| 13:00 | Cycling E2 45' | Cycling E2 45' | V-Mind E1 45' | | V-Hybrid BOX 30' | | |
| 13:15 | | | | GAP E1 30' | | Virtual Cycling E2 45' | Virtual Cycling E2 45' |
| 13:15 | | | | V-Cross BOX 30' | | | |
| 16:00 | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | Virtual Cycling E2 45' | | |
| 16:15 | | | | | | Virtual Cycling E2 45' | Virtual Cycling E2 45' |
| 17:15 | Virtual Cycling E2 30' | Virtual Cycling E2 30' | Virtual Cycling E2 30' | Virtual Cycling E2 30' | Virtual Cycling E2 30' | Virtual Cycling E2 45' | Virtual Cycling E2 45' |
| 17:30 | Stretching E1 30' | | | Stretching E1 30' | | | |
| 18:00 | | | | | V-Power E1 45' | | |
| 18:15 | Cycling E2 45' | Cycling E2 45' | | Virtual Cycling E2 45' | Cycling E2 30' | | |
| 18:15 | V-Fight E1 45' | GAP E1 45' | | Dance E1 45' | | | |
| 18:15 | | | | V-Cross BOX 30' | | | |
| 19:00 | | | | V-Hybrid BOX 30' | Dance E1 45' | | |
| 19:15 | V-Power E1 45' | Pilates E1 45' | | Fit Moves E1 45' | | Virtual Cycling E2 45' | Virtual Cycling E2 45' |
| 19:15 | Cycling E2 45' | Cycling E2 45' | | | | | |
| 19:15 | V-Hybrid BOX 30' | V-Hybrid BOX 30' | | | | | |
| 20:00 | V-Cross BOX 30' | V-Cross BOX 30' | Virtual Cycling E2 45' | Cycling E2 45' | Virtual Cycling E2 45' | | |
| 20:00 | | | | | V-Mind E1 45' | | |
| 20:15 | | | V-Yoga E1 45' | | | | |
| 21:00 | | Virtual Cycling E2 45' | | | | | |