

GOGYM.PT

The logo for GO GYM, featuring the word "GO" in a large, white, stylized font above the word "GYM" in a smaller, white, sans-serif font, all contained within an orange square.

MAPA DE AULAS

PORTO · VILA REAL · COIMBRA · VALONGO

GOGYM.PT · GERAL@GOGYM.PT



MAPA DE AULAS GOGYM COIMBRA

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
06:55	CIRCUIT T 35' EST.1	CYCLING 35' EST.3	CIRCUIT T 35' EST.1	TOTAL COND. 35' EST.1	CYCLING 35' EST.3		
08:00		GO CORE 15' ' EST.1		GO CORE 15' ' EST.1	GO CORE 15' ' EST.1		
09:30	CYCLING 45' EST.3	PILATES 45' EST.2	ZUMBA 45' EST.2	GAP 45' EST.2	BODY PUMP 45' EST.1	BODY PUMP 45' EST.1	
	ZUMBA 45' EST.2	BODY PUMP 45' EST.1	CIRCUIT T 45' EST.1	CYCLING 45' EST.3			
09:35						GAP 45' EST.2	
09:45							LOCAL 45' EST.2
10:00					LOCAL 45' EST.2		
10:15	CIRCUIT T 45' EST.1						
10:30		YOGA 45' EST.2	GO MOBILITY 15' EST.1	YOGA 45' EST.2	GO MOBILITY 15' EST.1		
			CYCLING 45' EST.3				
			PILATES 45' EST.2				
10:35		POWER JUMP 45' EST.1				PILATES C/MAT. 45' EST.2	
10:45							CIRCUIT T 45' EST.1
11:00	PILATES 45' EST.2					CYCLING 45' EST.3	
	GO MOBILITY 15' EST.1						
11:15			GO MOBILITY 15' EST.1		PILATES 45' EST.2		
11:30		GO BOXING 45' EST.1		PILATES 45' EST.2		LOCAL 45' EST.2	
		PILATES 45' EST.2					
11:40							CYCLING 45' EST.3
12:00				GO MOBILITY 15' EST.1	GO MOBILITY 15' EST.1		
12:15			GO CORE 15' ' EST.3				
12:45	CYCLING 45' EST.3			GAP 45' EST.2	CIRCUIT T 45' EST.1		
13:30	GO MOBILITY 15' EST.1	GO MOBILITY 15' EST.1					
15:30	GO MOBILITY 15' EST.1	CYCLING 45' EST.3		GAP 45' EST.2	GO MOBILITY 15' EST.1		
				GO MOBILITY 15' EST.1	PILATES C/MAT. 45' EST.2		
15:45		PILATES 45' EST.2					
16:00	LOCAL 45' EST.2		BODY PUMP 45' EST.1				
16:30						ZUMBA 45' EST.2	
17:30		LOCAL 45' EST.2		LOCAL 45' EST.2		PILATES 45' EST.1	
		GO MOBILITY 15' EST.1					
17:35	PILATES 45' EST.2						
18:10			PILATES C/MAT. 45' EST.2				
18:15		CIRCUIT T 45' EST.1	GO CORE 15' ' EST.1				
18:30	CYCLING 45' EST.3	CYCLING 45' EST.3	CYCLING 45' EST.3	CIRCUIT T 45' EST.1	GAP 45' EST.2	BODY PUMP 45' EST.1	
	GO RUNNING OUT.						
18:35	PILATES 45' EST.2	GAP 45' EST.2		PILATES 45' EST.2	CYCLING 45' EST.3		
18:40	CIRCUIT T 45' EST.1		BODY PUMP 45' EST.1	CYCLING 45' EST.3			
19:05			YOGA 45' EST.2				
19:10		GO BOXING 45' EST.1					
19:35	CYCLING 45' EST.3	PILATES 45' EST.2	CYCLING 45' EST.3	BODY PUMP 45' EST.1	PILATES 45' EST.2		
19:40					POWER JUMP 45' EST.1		
19:45	POWER JUMP 45' EST.1			GAP 45' EST.2			
	LOCAL 45' EST.2						
19:50			CIRCUIT T 45' EST.1				
20:10		CIRCUIT T 45' EST.1	PILATES 45' EST.2		CYCLING 45' EST.3		
20:30				GO CORE 15' ' EST.3			
20:40	GO MOBILITY 15' EST.1						
20:55		ZUMBA 45' EST.2		ZUMBA 45' EST.2	PILATES 45' EST.2		
21:05	BODY PUMP 45' EST.1	BODY PUMP 45' EST.1	CYCLING 45' EST.3	BODY PUMP 45' EST.1			
21:15	GAP 45' EST.2	CYCLING 45' EST.3	GAP 45' EST.2				
21:30		GO MOBILITY 15' EST.1	GO MOBILITY 15' EST.1				

