

GOGYM.PT



GO
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MAPA DE AULAS

PORTO · VILA REAL · COIMBRA · VALONGO

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MAPA DE AULAS GOGYM PORTO

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
06:55		GO BOXING EST.1		GO BOXING EST.1			
07:10	CYCLING 45' EST.2	CIRCUIT T 45' EST.4		CYCLING 35' EST.3			
07:15			GO CROSS 45' EST.4		GO CROSS 45' EST.4		
09:00					GO MOBILITY 15' EST.1		
09:15	GO MOBILITY 15' EST.1						
09:25						GO CROSS 45' EST.4	
09:45	GO CORE 15' EST.1		GO CORE 15' EST.1	GO MOBILITY 15' EST.1	GO CORE 15' EST.1		
09:50							CIRCUIT T 45' EST.4
10:00					GAP 35' EST.2		
10:10	LOCAL 45' EST.2	GAP 35' EST.2	GO MOBILITY 15' EST.1	BODY PUMP 45' EST.1			
10:15		GO MOBILITY 15' EST.1					
10:25						TRX 45' EST.4	
10:30			PILATES 45' EST.2			CYCLING 35' EST.3	
						GO MOBILITY 15' EST.1	
10:45							CYCLING 45' EST.3
11:10	PILATES 45' EST.2			LOCAL 45' EST.2			
11:15						GO CROSS 45' EST.4	
11:30			CYCLING 45' EST.3			BODY PUMP 45' EST.1	
11:45							PILATES 45' EST.2
12:40	GO CROSS 45' EST.4		POWER JUMP 45' EST.1	CYCLING 35' EST.3			
12:45			PILATES 45' EST.2		CIRCUIT T 45' EST.4		
12:50		LOCAL 45' EST.2		GO CROSS 45' EST.4	YOGA 45' EST.2		
14:35	GO MOBILITY 15' EST.1						
15:30	GO CORE 15' EST.1	CYCLING 45' EST.3		GO MOBILITY 15' EST.1	GAP 35' EST.2		
15:35				PILATES 45' EST.2			
15:55			CIRCUIT T 45' EST.4		CIRCUIT T 45' EST.4		
16:00		GO CORE 15' EST.1					
16:30			GO CORE 15' EST.1			GAP 35' EST.2	
17:10		GO MOBILITY 15' EST.1	GO MOBILITY 15' EST.1				
17:15					GO MOBILITY 15' EST.1	PILATES 45' EST.2	
17:30						GO MOBILITY 15' EST.1	
18:15			PILATES 45' EST.2		PILATES 45' EST.2	CYCLING 35' EST.2	
18:20	PILATES C/MAT. 45' EST.2	CYCLING 45' EST.3		TRX 45' EST.4			
18:25	CYCLING 45' EST.3	CIRCUIT T 45' EST.4			CYCLING 45' EST.3		
18:30		LOCAL 45' EST.2	CYCLING 45' EST.3	ZUMBA 45' EST.1			
18:35	CIRCUIT T 45' EST.4			CYCLING 45' EST.3			
18:40			CIRCUIT T 45' EST.4				
			BODY PUMP 45' EST.1				
19:10					GAP 35' EST.2		
19:20		TRX 45' EST.4	LOCAL 45' EST.2				
19:25	GAP 35' EST.2	CYCLING 45' EST.3		GO CROSS 45' EST.4	CIRCUIT T 45' EST.4		
19:30	GO CROSS 45' EST.4		CYCLING 45' EST.3				
			CYCLING 45' EST.3				
19:35	CYCLING 45' EST.2	PILATES 45' EST.2	GO CROSS 45' EST.4	PILATES C/MAT. 45' EST.2			
	BODY PUMP 45' EST.1	POWER JUMP 45' EST.1		BODY PUMP 45' EST.1			
19:45			POWER JUMP 45' EST.1				
20:10	YOGA 45' EST.2						
20:20	GO CROSS 45' EST.4						
20:30		GO BOXING EST.1	GO CROSS 45' EST.4	CIRCUIT T 45' EST.4			
				GO BOXING EST.1			
21:10		LOCAL 45' EST.2	CYCLING 45' EST.2	PILATES 45' EST.2			
			POWER JUMP 45' EST.1				
21:15	ZUMBA 45' EST.1	CIRCUIT T 45' EST.4					
	GAP 45' EST.2						
21:20	TRX 45' EST.4						
	CYCLING 45' EST.3						
21:25				BODY PUMP 45' EST.1			

