

GOGYM.PT

The logo for GOGYM, featuring the letters 'GO' in a large, white, stylized font above the word 'GYM' in a smaller, white, sans-serif font, all set against an orange square background.

MAPA DE AULAS

PORTO · VILA REAL · COIMBRA · VALONGO

GOGYM.PT · GERAL@GOGYM.PT



MAPA DE AULAS GOGYM VALONGO

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

