

GOGYM.PT

The logo for GOGYM, featuring the letters 'GO' in a stylized white font above the word 'GYM' in a smaller white 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 VILA REAL

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:10	GO CROSS 45' EST.1	CYCLING 45' EST.3	GO CROSS 45' EST.1	CIRCUIT T 45' EST.1	CYCLING 45' EST.3 GO CROSS 45' EST.1		
07:30	GO MOBILITY 15' EST.2			GO MOBILITY 15' EST.2			
08:30	CYCLING 45' EST.3						
09:00	OPEN BOX EST.1	PILATES 45' EST.2 OPEN BOX EST.1	OPEN BOX EST.1	OPEN BOX EST.1	OPEN BOX EST.1		
09:15					GO MOBILITY 15' EST.2		
09:30	GO BOXING 45' EST.2		WOW 20' Z.F.	CYCLING 45' EST.3		PILATES 45' EST.2	
09:50							GO MOBILITY 15' EST.1
10:00	OPEN BOX EST.1	OPEN BOX EST.1	LOCAL 45' EST.2 OPEN BOX EST.1		GO CORE 15' EST.2 OPEN BOX EST.1	WOW 20' Z.F.	
10:10							
10:15	CYCLING 45' EST.3 GO CORE 15' EST.1	BODY PUMP 45' EST.2		GO MOBILITY 15' EST.2			
10:30	ZUMBA 45' EST.2	GO CORE 15' EST.1	CYCLING 45' EST.3	CIRCUIT T 45' EST.1	PILATES 45' EST.2	GO CROSS 45' EST.1	CIRCUIT T 45' EST.1
11:00	GO MOBILITY 15' EST.1		GO MOBILITY 15' EST.1			GO MOBILITY 15' EST.2	
11:30						CYCLING 45' EST.3	CYCLING 45' EST.3
12:00	OPEN BOX EST.1	OPEN BOX EST.1	OPEN BOX EST.1	OPEN BOX EST.1			
12:45	PILATES 35' EST.2	CYCLING 35' EST.3	BODY PUMP 35' EST.2	CYCLING 35' EST.3	CIRCUIT T 35' EST.1		
15:00	OPEN BOX EST.1	OPEN BOX EST.1	OPEN BOX EST.1	OPEN BOX EST.1	OPEN BOX EST.1		
15:30	GO MOBILITY 15' EST.1	WOW 20' Z.F.		WOW 20' Z.F.			
16:00	GAP 35' EST.2		PILATES 35' EST.2				
16:30		GO MOBILITY 15' EST.2		GO MOBILITY 15' EST.2		GO CORE 15' EST.1	
17:20	CYCLING 35' EST.3						
17:30	PILATES 45' EST.2	LOCAL 45' EST.2 CYCLING 45' EST.3	TRX 45' EST.1	LOCAL 45' EST.2	GO MOBILITY 15' EST.2 CYCLING 45' EST.3	ZUMBA 45' EST.2	
17:45	GO MOBILITY 15' EST.1		GAP 35' EST.2	CYCLING 45' EST.3			
18:10	CYCLING 45' EST.3						
18:20		GO RUNNING OUT.			LOCAL 45' EST.2	WOW 20' Z.F.	
18:30		CYCLING 45' EST.3	POWER JUMP 45' EST.2	CIRCUIT T 45' EST.1 GO RUNNING OUT.	CYCLING 45' EST.3		
18:35	CIRCUIT T 45' EST.1		GO CROSS 45' EST.1		GO CROSS 45' EST.1		
18:40		PILATES 45' EST.2	CYCLING 45' EST.3	BODY PUMP 45' EST.2			
18:45	BODY PUMP 45' EST.2					GO MOBILITY 15' EST.1	
19:10	CYCLING 45' EST.3			CYCLING 45' EST.3			
19:35	GO CROSS 45' EST.1	GO CROSS 45' EST.1 POWER JUMP 45' EST.2	CYCLING 45' EST.3 GO CROSS 45' EST.1				
19:45	GO BOXING 45' EST.2	CYCLING 45' EST.3		PILATES 45' EST.2			
20:30	WOW 20' Z.F.	GO MOBILITY 15' EST.1	WOW 20' Z.F.		GO MOBILITY 15' EST.1		
21:10		PILATES 45' EST.2	CIRCUIT T 45' EST.1	GO BOXING 45' EST.2	LOCAL 45' EST.2		
21:15	ZUMBA 45' EST.2 CYCLING 45' EST.3	TRX 45' EST.1	ZUMBA 45' EST.2	CYCLING 45' EST.3			
21:20	WOW 20' Z.F.		GO MOBILITY 15' Z.F.		WOW 20' EST.1		

