

HORARIO DE ACTIVIDADES DIRIGIDAS



Inicio	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
06:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual FightE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
06:30	Virtual PowerE1 45'	Virtual YogaE1 45'	Virtual cyclingE2 45'	Virtual BurnE1 45'	Virtual MindE1 45'		
07:30	Virtual MindE1 45'	Virtual PowerE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
07:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual YogaE1 45'	Virtual FightE1 45'	Virtual BurnE1 45'		
08:30	Virtual BurnE1 45'	Virtual cyclingE2 45'	Virtual PowerE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
08:30	Virtual cyclingE2 45'	Virtual MindE1 45'	Virtual cyclingE2 45'	Virtual YogaE1 45'	Virtual FightE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'
09:30	V-PowerE1 45'	cyclingE2 45'	GAPE1 45'	V-BurnE1 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'
09:30						Virtual YogaE1 45'	Virtual YogaE1 45'
10:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual BurnE1 45'
10:30	Virtual FightE1 45'	Virtual PowerE1 45'	Virtual YogaE1 45'	Virtual MindE1 45'	Virtual BurnE1 45'	Virtual PowerE1 45'	Virtual cyclingE2 45'
11:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
11:30	Virtual FightE1 45'	Virtual BurnE1 45'	Virtual MindE1 45'	Virtual PowerE1 45'	Virtual YogaE1 45'	Virtual MindE1 45'	Virtual FightE1 45'
12:30	Virtual cyclingE2 45'	Virtual FightE1 45'	Virtual BurnE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual BurnE1 45'	Virtual cyclingE2 45'
12:30	Virtual YogaE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual MindE1 45'	Virtual PowerE1 45'	Virtual cyclingE2 45'	Virtual MindE1 45'
13:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
13:30	Virtual PowerE1 45'	Virtual YogaE1 45'	Virtual FightE1 45'	Virtual BurnE1 45'	Virtual MindE1 45'		
14:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
14:30	Virtual FightE1 45'	Virtual PowerE1 45'	Virtual FightE1 45'	Virtual MindE1 45'	Virtual YogaE1 45'		
15:30	Virtual MindE1 45'	Virtual PowerE1 45'	Virtual cyclingE2 45'	Virtual FightE1 45'	Virtual cyclingE2 45'		
15:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual YogaE1 45'	Virtual cyclingE2 45'	Virtual BurnE1 45'		
17:00	ZumbaE1 45'	V-PowerE1 45'					
17:30						Virtual cyclingE2 45'	Virtual cyclingE2 45'
17:30						Virtual PowerE1 45'	Virtual BurnE1 45'
18:00	PilatesE1 45'	V-MindE1 45'	V-PowerE1 45'	V-BurnE1 45'			
18:30						Virtual cyclingE2 45'	Virtual cyclingE2 45'
18:30						Virtual YogaE1 45'	Virtual PowerE1 45'
19:00	V-PowerE1 45'	GAPE1 45'	cyclingE2 45'	GAPE1 45'			
20:00	cyclingE2 45'	V-CrossBOX 45'	PilatesE1 45'	V-CrossBOX 45'			
21:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
21:30	Virtual BurnE1 45'	Virtual MindE1 45'	Virtual PowerE1 45'	Virtual PowerE1 45'	Virtual YogaE1 45'		

VivaGym SAN ROQUE - Válido desde el 13 de julio



- CUERPO-MENTE

CARDIO

CYCLING

TONIFICACIÓN

COREOGRAFIADAS

FUNCIONAL

ABDOMINALES
- CUERPO-MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICACIÓN VIRTUAL