

| Inicio | Lunes                             | Martes                            | Miércoles                         | Jueves                            | Viernes                           | Sábado                            | Domingo                           |
|--------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 06:15  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |                                   |                                   |
| 07:15  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |                                   |                                   |
| 08:30  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |
| 10:00  | V-Power <div>E1 45'</div>         | Fit Moves <div>E1 45'</div>       | GAP <div>E1 45'</div>             | Pilates <div>E1 45'</div>         | V-Power <div>E1 45'</div>         |                                   |                                   |
| 10:30  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |
| 11:30  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |                                   |                                   |
| 13:00  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |
| 14:30  | cycling <div>E2 45'</div>         | V-Power <div>E1 45'</div>         | cycling <div>E2 45'</div>         | GAP <div>E1 45'</div>             | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |
| 14:30  |                                   | Virtual cycling <div>E2 45'</div> |                                   | Virtual cycling <div>E2 45'</div> |                                   |                                   |                                   |
| 15:30  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |                                   |                                   |
| 17:15  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |                                   |                                   |
| 18:00  | GAP <div>E1 45'</div>             | V-Power <div>E1 45'</div>         | Pilates <div>E1 45'</div>         | V-Power <div>E1 45'</div>         | V-Power <div>E1 45'</div>         |                                   |                                   |
| 18:15  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |
| 19:00  |                                   | GAP <div>E1 45'</div>             | V-Power <div>E1 45'</div>         | Pilates <div>E1 45'</div>         |                                   |                                   |                                   |
| 19:15  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |
| 19:30  | V-Metcon <div>SOF 30'</div>       |                                   | V-Metcon <div>SOF 30'</div>       |                                   |                                   |                                   |                                   |
| 20:00  | V-Power <div>E1 45'</div>         |                                   | GAP <div>E1 45'</div>             | ABS <div>SOF 15'</div>            |                                   |                                   |                                   |
| 20:00  | ABS <div>SOF 15'</div>            |                                   | ABS <div>SOF 15'</div>            |                                   |                                   |                                   |                                   |
| 20:15  | Virtual cycling <div>E2 45'</div> | cycling <div>E2 45'</div>         | cycling <div>E2 45'</div>         | cycling <div>E2 45'</div>         | Virtual cycling <div>E2 45'</div> |                                   |                                   |
| 21:15  | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> | Virtual cycling <div>E2 45'</div> |                                   |                                   |

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- CARDIO VIRTUAL
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- CYCLING VIRTUAL
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- TONIFICACIÓN VIRTUAL
- COREOGRAFIADAS
- FUNCIONAL
- ABDOMINALES