

Inicio	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
06:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
07:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
07:30	Virtual PowerE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'		
08:30	Virtual MindE1 45'	Virtual BurnE1 45'	Virtual MindE1 45'	Virtual BurnE1 45'	Virtual MindE1 45'		
08:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
09:30	V-PowerE1 45'	GAP E1 45'	V-PowerE1 45'	PilatesE1 45'	Virtual PowerE1 45'	Virtual MindE1 45'	Virtual MindE1 45'
09:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
10:30	PilatesE1 45'	V-MindE1 45'	V-MetconSOF 30'	Virtual BurnE1 45'	V-MindE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'
10:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
11:00			ABSE1 15'				
11:30	Virtual MindE1 45'	Virtual BurnE1 45'	Virtual MindE1 45'	Virtual BurnE1 45'	Virtual MindE1 45'	Virtual PowerE1 45'	Virtual BurnE1 45'
11:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
12:30	Virtual FightE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'	Virtual PowerE1 45'	Virtual PowerE1 45'	Virtual MindE1 45'	Virtual PowerE1 45'
12:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
13:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
14:30	Virtual PowerE1 45'	Virtual PowerE1 45'	Virtual PowerE1 45'	Virtual PowerE1 45'	Virtual PowerE1 45'		
14:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
15:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
16:00	Virtual FightE1 45'	Virtual BurnE1 45'	Virtual FightE1 45'	Virtual BurnE1 45'	Virtual FightE1 45'		
16:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
17:00	Virtual MindE1 45'	Virtual BurnE1 45'	Virtual MindE1 45'	Virtual BurnE1 45'	Virtual MindE1 45'		
17:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
18:00	ZumbaE1 45'	V-PowerE1 45'		Virtual PowerE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'	Virtual FightE1 45'
18:15			V-MetconSOF 30'				
18:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
18:45			ABSE1 15'				
19:00			ZumbaE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'
19:15	V-CrossSOF 30'	V-CrossSOF 30'					
19:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
19:45	ABSE1 15'	ABSE1 15'					
20:00	V-PowerE1 45'	GAP E1 45'	V-PowerE1 45'	Virtual MindE1 45'	Virtual MindE1 45'		
20:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
21:30	Virtual PowerE1 45'	Virtual BurnE1 45'	Virtual PowerE1 45'	Virtual BurnE1 45'	Virtual PowerE1 45'		
21:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		

VivaGym ALCOBENDAS RÍO NORTE - Válido desde el 27 de julio



RESERVA TU CLASE

DESDE

TU ÁREA DE CLIENTE EN

VIVAGYM.COM O EN LA APP

- CUERPO-MENTE

CARDIO

CYCLING

TONIFICACIÓN

COREOGRAFIADAS

FUNCIONAL

ABDOMINALES
- CUERPO-MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICACIÓN VIRTUAL