

HORARIO DE ACTIVIDADES DIRIGIDAS



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'		
08:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
09:30	V-PowerE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	V-PowerE1 45'	Virtual CyclingE2 45'	Virtual CyclingE2 45'
09:30	Virtual cyclingE2 45'	PilatesE1 45'	ZumbaE1 45'	GAP E1 45'	Virtual CyclingE2 45'		
10:30	DanceE1 45'	V-PowerE1 45'	V-YogaE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
10:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual CyclingE2 45'	PilatesE1 45'	stretchingE1 45'		
11:30	stretchingE1 45'	V-MindE1 45'	V-PowerE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
11:30	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'	Virtual CyclingE2 45'	Virtual CyclingE2 45'
14:30	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual CyclingE2 45'	Virtual CyclingE2 45'	Virtual CyclingE2 45'
14:30	V-HybridSOF 30'	V-CrossSOF 30'	PilatesE1 45'	V-HybridSOF 30'			
15:00	ABS SOF 15'			ABS SOF 15'			
17:00	V-CrossSOF 30'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
17:00	Virtual cyclingE2 45'	V-HybridSOF 30'	V-CrossSOF 30'				
17:15	GAP E1 45'	PilatesE1 45'	V-MindE1 45'	V-PowerE1 45'			
17:30	ABS SOF 15'		ABS SOF 15'				
18:00				Virtual CyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
18:15	V-MindE1 45'	cyclingE2 45'	cyclingE2 45'	V-FightE1 45'			
18:15	cyclingE2 45'	V-PowerE1 45'	ZumbaE1 45'				
19:00		Run Club (Romareda)OUT 60'		Run ClubOUT 60'		Virtual cyclingE2 45'	Virtual CyclingE2 45'
19:15	Fit MovesE1 45'	V-FightE1 45'	V-PowerE1 45'	cyclingE2 45'			
19:15			cyclingE2 45'	DanceE1 45'			
19:30	cyclingE2 45'	cyclingE2 45'			Virtual CyclingE2 45'		
20:00						Virtual cyclingE2 45'	Virtual CyclingE2 45'
20:15	ZumbaE1 45'	GAP E1 45'	V-YogaE1 45'	PilatesE1 45'			
20:30	V-CrossSOF 30'		V-HybridSOF 30'				
21:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		

VivaGym LAS TORRES - Válido desde el 5 de octubre

DATE AMOR Y
RESERVA TU CLASE



DESDE TU ÁREA DE CLIENTE
EN VIVAGYM.COM
O EN LA APP

CUERPO-MENTE

CUERPO-MENTE VIRTUAL

CARDIO

CARDIO VIRTUAL

CYCLING

CYCLING VIRTUAL

TONIFICACIÓN

TONIFICACIÓN VIRTUAL

COREOGRAFIADAS

FUNCIONAL

XPRESS