

| 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' |
| 08:30  |                       | GAPE1 30'             |                       | V-CrossSOF 30'        |                       |                       |                       |
| 09:00  |                       | ABSSOF 15'            |                       | ABSSOF 15'            |                       |                       |                       |
| 09:30  | V-PowerE1 45'         | PilatesE1 45'         | V-PowerE1 45'         | GAPE1 45'             | Power cyclingE2 45'   | Virtual cyclingE2 45' | Virtual cyclingE2 45' |
| 09:30  | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' |                       |                       |                       |
| 10:30  | PilatesE1 45'         | Virtual cyclingE2 45' | ZumbaE1 45'           | Virtual cyclingE2 45' | V-PowerE1 45'         | Virtual cyclingE2 45' | Virtual cyclingE2 45' |
| 10:30  | Virtual cyclingE2 45' | V-PowerE1 45'         | Virtual cyclingE2 45' | V-MindE1 45'          | Virtual CyclingE2 45' |                       |                       |
| 12:00  | 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' | Virtual CyclingE2 45' | Virtual CyclingE2 45' |
| 14:30  | V-PowerE1 45'         | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' |                       |                       |
| 14:30  | Virtual cyclingE2 45' |                       |                       | V-PowerE1 45'         |                       |                       |                       |
| 15:30  | Virtual cyclingE2 45' | Virtual cyclingE2 45' | V-PowerE1 45'         | Virtual cyclingE2 45' | Virtual cyclingE2 45' |                       |                       |
| 15:30  |                       |                       | Virtual cyclingE2 45' |                       |                       |                       |                       |
| 17:00  | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual CyclingE2 45' | Virtual CyclingE2 45' | Virtual CyclingE2 45' |
| 17:30  | V-PowerE1 45'         | PilatesE1 45'         | GAPE1 45'             | V-MindE1 45'          | V-FightE1 45'         |                       |                       |
| 18:00  | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual CyclingE2 45' | Virtual CyclingE2 45' | Virtual CyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' |
| 18:15  | V-MetconSOF 30'       |                       | V-CrossSOF 30'        |                       |                       |                       |                       |
| 18:30  | V-YogaE1 45'          | V-FightE1 45'         | ZumbaE1 45'           | V-CrossE1 45'         | V-PowerE1 45'         |                       |                       |
| 18:45  | ABSSOF 15'            |                       | ABSSOF 15'            |                       |                       |                       |                       |
| 19:15  | Power cyclingE2 45'   | V-CrossSOF 30'        | Power cyclingE2 45'   |                       | Virtual CyclingE2 45' | Virtual CyclingE2 45' | Virtual CyclingE2 45' |
| 19:30  | ZumbaE1 45'           | GAPE1 45'             | V-PowerE1 45'         | cyclingE2 45'         |                       |                       |                       |
| 19:45  |                       | ABSSOF 15'            |                       |                       |                       |                       |                       |
| 20:15  | Virtual cyclingE2 45' | Power cyclingE2 45'   | Virtual cyclingE2 45' |                       | Virtual CyclingE2 45' |                       |                       |
| 20:30  | GAPE1 45'             | V-PowerE1 45'         | PilatesE1 45'         | V-PowerE1 45'         |                       |                       |                       |
| 21:15  | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual cyclingE2 45' | Virtual CyclingE2 45' |                       |                       |

VivaGym ROMAREDA - Válido desde el 6 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