

Inicio	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
06:15	Virtual BurnE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'	Virtual MindE1 45'			
07:00	Virtual PowerE1 45'	Virtual BurnE1 45'		Virtual PowerE1 45'	GAPE1 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'		
08:30				V-CrossSOF 30'			
09:00		V-PowerE1 45'			stretchingE1 45'		
09:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'
09:30	GAPE1 45'		V-CrossE1 45'				
10:00		PilatesE1 45'		PilatesE1 45'	cyclingE1 45'		Virtual FightE1 45'
10:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'				Virtual cyclingE2 45'	Virtual cyclingE2 45'
10:30	stretchingE1 45'		V-MindE1 45'				
11:00					V-CrossSOF 45'	Virtual BurnE1 45'	Virtual PowerE1 45'
11:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
11:30	Fit MovesE1 45'		V-PowerE1 45'				
12:00						Virtual FightE1 45'	Virtual MindE1 45'
12:15						Virtual cyclingE2 45'	Virtual cyclingE2 45'
13:15			Virtual cyclingE2 45'	Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'
14:00	Virtual BurnE1 45'	Virtual PowerE1 45'	Virtual FightE1 45'	Virtual MindE1 45'	Virtual PowerE1 45'		
16:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'
17:00	V-BurnE1 45'	GAPE1 45'	Fit MovesE1 45'	Virtual FightE1 45'	V-MindE1 45'		
18:00	PilatesE1 45'	ZumbaE1 45'	V-PowerE1 45'	V-BurnE1 45'	DanceE1 45'		
18:15	cyclingE2 45'	cyclingE2 45'	cyclingE2 45'	Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'
19:00	V-PowerE1 45'	V-MindE1 45'		ZumbaE1 45'			
19:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'
20:00	Virtual FightE1 45'	Virtual BurnE1 45'	Virtual PowerE1 45'	Virtual BurnE1 45'	Virtual PowerE1 45'		
20:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		

VivaGym NIESEN - Válido desde el 6 de julio

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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
- ABDOMINALES