

Inicio	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
06:15	Virtual BurnE1 45'	Virtual FightE1 45'	Virtual PowerE1 45'	Virtual MindE1 45'	Virtual cyclingE2 45'		
06:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'			
07:00	Virtual PowerE1 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'		
09:00			V-CrossE1 45'	Virtual PowerE1 45'	StretchingE1 45'		
09:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'
10:00	StretchingE1 45'	stretchingE1 45'	V-MindE1 45'	PilatesE1 45'	Virtual cyclingE2 45'		Virtual FightE1 45'
10:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'
11:00	Fit MovesE1 45'		V-PowerE1 45'		V-CrossE1 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'
12:00						Virtual FightE1 45'	Virtual MindE1 45'
14:00	Fit MovesE1 45'	Virtual PowerE1 45'	GAPE1 45'	Virtual BurnE1 45'	Virtual PowerE1 45'		
15:00	ABSB15'		ABSB15'				
16:00		ABSB15'					
16:15	Virtual cyclingE2 45'	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'	V-HybridBOX 30'	V-MindE1 45'		
17:15						Virtual cyclingE2 45'	Virtual cyclingE2 45'
18:00	V-MindE1 45'	ZumbaE1 45'	V-PowerE1 45'	V-BurnE1 45'	DanceE1 45'		
18:15	cyclingE2 45'	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	Fit MovesE1 45'	V-PowerE1 45'	Fit MovesE1 45'	GAPE1 45'	Fit MovesE1 45'		
20:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		

VivaGym NIESEN - Válido desde el 5 de octubre

DATE AMOR Y
RESERVA TU CLASE



DESDE TU ÁREA DE CLIENTE
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O EN LA APP

CUERPO-MENTE

CUERPO-MENTE VIRTUAL

CARDIO

CARDIO VIRTUAL

CYCLING

CYCLING VIRTUAL

TONIFICACIÓN

TONIFICACIÓN VIRTUAL

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