

# HORARIO DE ACTIVIDADES DIRIGIDAS



| Inicio | Lunes                               | Martes                              | Miércoles                           | Jueves                              | Viernes                             | Sábado                              | Domingo                             |
|--------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 07:15  |                                     |                                     | Virtual Power <small>E1 45'</small> |                                     | Virtual Burn <small>E1 45'</small>  |                                     |                                     |
| 08:30  |                                     | Virtual Mind <small>E1 45'</small>  | Virtual Burn <small>E1 45'</small>  | Virtual Mind <small>E1 45'</small>  | Virtual Fight <small>E1 45'</small> |                                     |                                     |
| 09:30  | Virtual Fight <small>E1 45'</small> | GAP <small>E1 45'</small>           | V-Power <small>E1 45'</small>       | Pilates <small>E1 45'</small>       | V-Power <small>E1 45'</small>       | Virtual Power <small>E1 45'</small> | Virtual Burn <small>E1 45'</small>  |
| 10:30  | Virtual Power <small>E1 45'</small> | Pilates <small>E1 45'</small>       | Virtual Burn <small>E1 45'</small>  | Virtual Burn <small>E1 45'</small>  | Virtual Burn <small>E1 45'</small>  | Virtual Mind <small>E1 45'</small>  | Virtual Power <small>E1 45'</small> |
| 11:30  | Virtual Mind <small>E1 45'</small>  | Virtual Power <small>E1 45'</small> | Virtual Fight <small>E1 45'</small> | Virtual Mind <small>E1 45'</small>  | Virtual Yoga <small>E1 45'</small>  | Virtual Fight <small>E1 45'</small> | Virtual Yoga <small>E1 45'</small>  |
| 14:15  |                                     | Virtual Fight <small>E1 45'</small> | Virtual Power <small>E1 45'</small> | Virtual Burn <small>E1 45'</small>  | Virtual Yoga <small>E1 45'</small>  |                                     |                                     |
| 16:00  |                                     | Virtual Mind <small>E1 45'</small>  | Virtual Power <small>E1 45'</small> | Virtual Yoga <small>E1 45'</small>  | Virtual Fight <small>E1 45'</small> |                                     |                                     |
| 17:00  |                                     | Virtual Fight <small>E1 45'</small> | Virtual Power <small>E1 45'</small> | Virtual Fight <small>E1 45'</small> | Virtual Burn <small>E1 45'</small>  |                                     |                                     |
| 18:00  | Virtual Power <small>E1 45'</small> | Virtual Mind <small>E1 45'</small>  | Virtual Fight <small>E1 45'</small> | Virtual Burn <small>E1 45'</small>  | Virtual Power <small>E1 45'</small> | Virtual Mind <small>E1 45'</small>  | Virtual Fight <small>E1 45'</small> |
| 19:00  | Virtual Fight <small>E1 45'</small> | V-Burn <small>E1 45'</small>        | V-Fight <small>E1 45'</small>       | V-Power <small>E1 45'</small>       | Virtual Mind <small>E1 45'</small>  | Virtual Power <small>E1 45'</small> | Virtual Burn <small>E1 45'</small>  |
| 20:00  | Dance <small>E1 45'</small>         | V-Mind <small>E1 45'</small>        | Virtual Mind <small>E1 45'</small>  | Virtual Power <small>E1 45'</small> | Virtual Burn <small>E1 45'</small>  |                                     |                                     |
| 20:00  |                                     |                                     | V-Metcon <small>SOF 30'</small>     |                                     |                                     |                                     |                                     |
| 20:30  |                                     |                                     | ABS <small>SOF 15'</small>          |                                     |                                     |                                     |                                     |

VivaGym LA CALZADA - Válido desde el 29 de junio

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