



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM SANTS



FECHA INICIO: 01/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:15	CROSS WOD	V-POWER	HYBRID WOD				
7:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
8:15	V-POWER		PILATES				
8:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
9:15	CYCLING	PILATES	V-POWER	V-FIGHT	GAP		
9:15		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:15	V-POWER	ZUMBA	CYCLING	PILATES	CYCLING	V-POWER	
10:15	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
11:15	PILATES	GAP	PILATES	V-POWER	YOGA	CYCLING	V-POWER
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
12:15						V-BOXING	PILATES
12:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:15	V-POWER	PILATES	V-POWER	YOGA	GAP		
14:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	V-BOXING	V-POWER	PILATES	GAP	PILATES		
17:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:45	CROSS WOD	HYBRID WOD	CROSS WOD	HYBRID WOD			
18:00	V-FIGHT	YOGA	V-POWER	ZUMBA	V-BOXING		
18:15	ABS	ABS	ABS	ABS			
18:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:00	YOGA	ZUMBA	PILATES	V-FIGHT	V-POWER		
19:30	CYCLING	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:45	HYBRID WOD	CROSS WOD	HYBRID WOD	CROSS WOD			
20:00	V-POWER	V-BOXING	ZUMBA	PILATES	CYCLING		
20:15	ABS	ABS	ABS	ABS			
20:30	CYCLING	CYCLING	CYCLING	CYCLING			
21:00	PILATES	V-FIGHT	YOGA	V-POWER			
21:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		



ENTRENAR LO



CAMBIA TODO

Vivagym tiene todos los derechos reservados, y se reservará cualquier modificación del horario por motivos externos.

Uso obligatorio de toalla.

No se podrá acceder a la sala una vez pasados los primeros cinco minutos.

CUERPO-MENTE	CARDIO	CYCLING	TONIFICACION
CUERPO-MENTE VIRTUAL	CARDIO VIRTUAL	CYCLING VIRTUAL	TONIFICACION VIRTUAL
FUNCIONAL	COREOGRAFIADAS	ABDOMINALES	

RESERVA TU CLASE DESDE TU ÁREA DE CLIENTE EN VIVAGYM.ES O EN LA APP VIVAGYM