



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM CUZCO



FECHA INICIO: 1/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:15	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:15		V-POWER					
8:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:00	ABS	ABS	ABS				
9:30	V-POWER	CYCLING	GAP	V-MIND	V-POWER		
9:30	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	ZUMBA	V-FIGHT	YOGA	GAP	PILATES		
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30	HYBRID WOD	CROSS WOD					
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00						V-POWER	ZUMBA
12:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
13:00						CYCLING	V-FIGHT
13:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
14:30	V-POWER	HYBRID WOD	GAP	CYCLING	V-POWER		
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	V-MIND	GAP	V-POWER				
17:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:30	CROSS WOD						
18:00	GAP	V-POWER	ZUMBA	V-FIGHT	PILATES		
18:15	CYCLING	POWER CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:15	ABS	ABS	ABS				
18:30	HYBRID WOD	CROSS WOD	HYBRID WOD				
19:00	V-FIGHT	YOGA	GAP	ZUMBA	V-POWER		
19:15	CYCLING	CYCLING	POWER CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:15	ABS	ABS	ABS				
19:30	CROSS WOD	HYBRID WOD	CROSS WOD				
20:00	ZUMBA	V-POWER	V-FIGHT	V-POWER			
20:15	POWER CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:15	ABS	ABS	ABS				
20:30	HYBRID WOD	CROSS WOD	HYBRID WOD				
21:00	V-POWER	PILATES	GAP				
21:15	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

TONIFICACIÓN

CUERPO-MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICACION VIRTUAL

FUNCIONAL

COREOGRAFIADAS

ABDOMINALES

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