



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM SON FUSTER



FECHA INICIO: 1/09

| INICIO | LUN             | MAR             | MIÉ             | JUE             | VIE             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 7:00   | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 7:00   |                 | V-POWER         | GAP             |                 |                 |                 |                 |
| 8:00   | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 8:00   | CROSS WOD       | PILATES         | V-POWER         |                 |                 |                 |                 |
| 9:00   | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 9:00   | ABS             |                 | ABS             |                 |                 |                 |                 |
| 9:30   | ZUMBA           | V-POWER         | YOGA            |                 | V-POWER         |                 |                 |
| 9:30   | VIRTUAL CYCLING |                 | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | CYCLING         |                 |
| 10:30  | V-POWER         | V-FIGHT         | ZUMBA           | V-POWER         | YOGA            | V-POWER         |                 |
| 11:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 11:30  | PILATES         |                 | V-POWER         | GAP             |                 | PILATES         |                 |
| 15:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 15:15  | CROSS WOD       | GAP             | HYBRID WOD      |                 |                 |                 |                 |
| 16:00  | V-POWER         | PILATES         | V-POWER         |                 |                 |                 |                 |
| 16:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 17:00  | V-FIGHT         | GAP             | YOGA            | V-FIGHT         | V-POWER         |                 |                 |
| 17:15  | ABS             | ABS             | ABS             | ABS             |                 |                 |                 |
| 18:00  | PILATES         | V-POWER         | GAP             | YOGA            | V-FIGHT         |                 |                 |
| 18:15  | HYBRID WOD      | CROSS WOD       | HYBRID WOD      | CROSS WOD       |                 |                 |                 |
| 18:30  | CYCLING         | CYCLING         | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:00  | V-POWER         | ZUMBA           | V-POWER         | GAP             | PILATES         |                 |                 |
| 19:30  | CYCLING         | CYCLING         | CYCLING         | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:30  | ABS             | ABS             | ABS             |                 |                 |                 |                 |
| 20:00  | GAP             | V-POWER         | PILATES         | V-POWER         |                 |                 |                 |
| 20:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 21:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 22:00  | 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         | CYCLING              | COREOGRAFIADAS |
| CUERPO-MENTE VIRTUAL | CYCLING VIRTUAL      | FUNCIONAL      |
| CARDIO               | TONIFICACIÓN         | ABDOMINALES    |
| CARDIO VIRTUAL       | TONIFICACIÓN VIRTUAL |                |

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