



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM GLÒRIES



FECHA INICIO: 01/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:00	CYCLING	V-POWER	V-BOXING	V-FIGHT	V-POWER		
8:00	CROSS WOD		HYBRID WOD				
8:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:15	V-POWER	V-BOXING	GAP	CYCLING	ZUMBA	V-POWER	
9:15						VIRTUAL CYCLING	VIRTUAL CYCLING
10:15	GAP	ZUMBA	YOGA	V-POWER	PILATES	CYCLING	V-POWER
10:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
11:15	PILATES	V-FIGHT	V-POWER	V-BOXING	VIRTUAL CYCLING	PILATES	ZUMBA
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
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
14:00	V-POWER	V-BOXING	PILATES	V-FIGHT	V-POWER		
14:15	VIRTUAL CYCLING	CROSS WOD	HYBRID WOD	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	V-POWER	GAP	ZUMBA	V-BURN	PILATES	VIRTUAL CYCLING	VIRTUAL CYCLING
17:30	V-BOXING		V-BOXING	ABS			
17:45	CROSS WOD	HYBRID WOD	CROSS WOD	HYBRID WOD			
18:00	GAP	PILATES	V-POWER	ZUMBA	V-POWER		
18:15	CYCLING	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:30	ZUMBA	ABS					
19:00	ABS	V-RUN	ABS				
19:00	PILATES	ZUMBA	V-FIGHT	V-POWER	CYCLING		
19:15	CYCLING	CYCLING	CYCLING	CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
19:30	V-FIGHT	V-BOXING		V-BOXING			
19:45	HYBRID WOD	CROSS WOD	HYBRID WOD	CROSS WOD			
20:00	YOGA	V-POWER	YOGA	V-FIGHT	GAP		
20:00			ABS				
20:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
20:30				PILATES			
21:00	V-POWER	V-BURN	GAP				
21:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
22:15	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

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