



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM VÍA AUGUSTA



FECHA INICIO: 1/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
7:15	V-FIGHT	V-POWER		GAP			
7:15	CICLO VIRTUAL	VIRTUAL CYCLING	CYCLING	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
8:15	GAP	V-BOXING	V-POWER	CROSS WOD			
9:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:15	PILATES	GAP	YOGA	ZUMBA	V-POWER		
10:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	POWER CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:15	V-POWER	PILATES	PILATES	YOGA		V-POWER	V-BOXING
11:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
11:15		YOGA		PILATES			V-POWER
12:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:15						ZUMBA	
13:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:30	CROSS WOD	PILATES	V-BOXING	HYBRID WOD	CROSS WOD		
14:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:15	GAP	V-POWER	ZUMBA	V-FIGHT			
15:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:15	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:15	V-POWER	GAP	PILATES		PILATES		
17:30	ABS	V-BOXING	ABS	V-BOXING			
17:45	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:15	V-FIGHT	V-POWER	V-FIGHT	GAP	V-POWER		
18:30	PILATES		YOGA				
18:45	POWER CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:45		HYBRID WOD		HYBRID WOD	CROSS WOD		
19:15	GAP	YOGA	V-POWER	ZUMBA	V-FIGHT		
19:30	V-BOXING		V-BOXING				
19:45	CYCLING	POWER CYCLING	CYCLING	POWER CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
20:15	ZUMBA	PILATES	GAP	V-POWER			
20:45	CICLO VIRTUAL	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
20:45	HYBRID WOD	CROSS WOD	HYBRID WOD	CROSS WOD			
21:15	ABS	ABS	ABS	ABS			
21:45	CICLO VIRTUAL	VIRTUAL CYCLING	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	TONIFICACIÓN VIRTUAL
FUNCIONAL	COREOGRAFIADAS	ABDOMINALES	

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