



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM PADELEKU



FECHA INICIO: 22/12

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
8:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	CYCLING	V-POWER	CYCLING	V-POWER	CYCLING		
10:05		VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	V-POWER	CYCLING	GAP	CYCLING	V-POWER		
11:05	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30	PILATES	DANCE	V-POWER	DANCE	ZUMBA		
12:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	CYCLING	GAP	DANCE	GAP	V-MIND		
17:05		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:00	CROSS WOD	PILATES	GAP	PILATES	CYCLING		
18:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
18:30	YOGA						
19:00		CYCLING	CYCLING	CYCLING			
19:30	V-POWER						
19:05	VIRTUAL CYCLING				VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:30		DANCE		DANCE			
20:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
21:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
22:05	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING

EL MEJOR REGALO, ES SEGUIR EN MOVIMIENTO

¡FELICES FIESTAS!



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