



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ARTEA



FECHA INICIO: 7/01

| INICIO | LUN | MAR | MIÉ | JUE | VIE | SÁB | DOM |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 6:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | | |
| 7:00 | V-POWER | CROSS WOD | GAP | HYBRID WOD | | | |
| 7:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | | |
| 7:30 | | ABS | | ABS | | | |
| 8:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | | |
| 8:15 | V-BURN | V-POWER | HYBRID WOD | V-POWER | CROSS WOD | | |
| 8:45 | | | ABS | | ABS | | |
| 9:00 | | | | | | V-POWER | |
| 9:15 | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 9:15 | PILATES | | V-POWER | V-FIGHT | DANCE | | |
| 10:00 | | | | | | DANCE | |
| 10:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:15 | V-POWER | V-FIGHT | YOGA | | PILATES | | |
| 11:00 | | | | | | V-BURN | |
| 11:15 | | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 11:15 | DANCE | V-MIND | GAP | V-MIND | GAP | | |
| 12:15 | | VIRTUAL CYCLING | VIRTUAL CYCLING | | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING |
| 13:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | | | VIRTUAL CYCLING | | |
| 13:15 | | | PILATES | V-POWER | | | |
| 13:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 14:30 | V-MIND | V-POWER | | PILATES | V-POWER | | |
| 15:30 | | HYBRID WOD | V-BOXING | CROSS WOD | | | |
| 15:30 | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | | |
| 16:00 | | ABS | | ABS | | | |
| 17:00 | V-BURN | GAP | V-BURN | GAP | V-BOXING | | |
| 17:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 18:00 | V-POWER | V-BURN | V-FIGHT | DANCE | V-BURN | | |
| 18:15 | CYCLING | CYCLING | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 18:30 | HYBRID WOD | CROSS WOD | HYBRID WOD | CROSS WOD | | | |
| 19:00 | V-FIGHT | V-POWER | GAP | YOGA | | | |
| 19:15 | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 20:00 | V-MIND | DANCE | V-POWER | V-BOXING | | | |
| 20:15 | CYCLING | CYCLING | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING | | |
| 20:45 | CROSS WOD | HYBRID WOD | CROSS WOD | | | | |
| 21:00 | GAP | V-FIGHT | V-BOXING | V-POWER | | | |
| 21:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | | |

QUERERSE MÁS EMPIEZA AQUÍ

Reserva tu clase en la App VivaGym

I LOVE MI CULO

- VivaGym tiene todos los derechos reservados, y se reservara cualquier modificacion del horario por motivos externos.
- Uso obligatorio de toalla.
- No se podra acceder a la sala una vez pasados los primeros cinco minutos.

| | | |
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| CUERPO-MENTE | CYCLING | COREOGRAFIADAS |
| CUERPO-MENTE VIRTUAL | CYCLING VIRTUAL | FUNCIONAL |
| CARDIO | TONIFICACION | ABDOMINALES |
| CARDIO VIRTUAL | TONIFICACION VIRTUAL | |

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