



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM MÓSTOLES DOS DE MAYO



FECHA INICIO: 07/01

| INICIO | LUN | MAR | MIÉ | JUE | VIE | SÁB | DOM |
|--------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| 6:15 | VIRTUAL CYCLING E2 45' | | |
| 7:15 | VIRTUAL CYCLING E2 45' | | |
| 8:15 | VIRTUAL CYCLING E2 45' | | |
| 9:15 | | VIRTUAL CYCLING E2 45' |
| 9:30 | CYCLING E2 45' | V-POWER E1 45' | DANCE E1 45' | PILATES E1 45' | GAP E1 45' | | |
| 10:15 | | VIRTUAL CYCLING E2 45' |
| 10:30 | V-YOGA E1 45' | V-MIND E1 45' | V-FIGHT E1 45' | V-POWER E1 45' | ZUMBA E1 45' | | |
| 11:00 | | | | | | V-POWER E1 45' | |
| 11:15 | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' |
| 11:30 | DANCE E1 45' | V-CROSS BOX 30' | PILATES E1 45' | V-HYBRID BOX 30' | V-YOGA E1 45' | | |
| 12:00 | | ABS TOS 15' | | ABS TOS 15' | | CYCLING E2 45' | |
| 12:15 | VIRTUAL CYCLING E2 45' | | VIRTUAL CYCLING E2 45' |
| 13:15 | VIRTUAL CYCLING E2 45' |
| 14:15 | VIRTUAL CYCLING E2 45' |
| 14:30 | V-HYBRID BOX 30' | V-POWER E1 45' | V-CROSS BOX 30' | | | | |
| 15:15 | VIRTUAL CYCLING E2 45' |
| 16:15 | VIRTUAL CYCLING E2 45' | | |
| 17:15 | VIRTUAL CYCLING E2 45' |
| 18:00 | ZUMBA E1 45' | PILATES E1 45' | V-MIND E1 45' | DANCE E1 45' | V-POWER E1 45' | | |
| 18:15 | CYCLING E2 45' | VIRTUAL CYCLING E2 45' | POWER CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 18:15 | | | | V-HYBRID BOX 30' | | | |
| 18:30 | V-CROSS BOX 30' | V-HYBRID BOX 30' | V-CROSS BOX 30' | | | | |
| 18:30 | THE BOXER CLUB TBC 60' | | |
| 18:45 | | | | ABS TOS 15' | | | |
| 19:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | | | |
| 19:00 | PILATES E1 45' | V-POWER E1 45' | ZUMBA E1 45' | V-FIGHT E1 45' | PILATES E1 45' | | |
| 19:15 | POWER CYCLING E2 45' | CYCLING E2 45' | VIRTUAL CYCLING E2 45' | CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' | VIRTUAL CYCLING E2 45' |
| 19:30 | V-HYBRID BOX 30' | V-CROSS BOX 30' | V-HYBRID BOX 30' | | | | |
| 19:30 | THE BOXER CLUB TBC 60' | | | |
| 20:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | | | |
| 20:00 | V-FIGHT E1 45' | DANCE E1 45' | V-POWER E1 45' | V-BURN E1 45' | V-CROSS BOX 30' | | |
| 20:15 | VIRTUAL CYCLING E2 45' | | |
| 20:30 | THE BOXER CLUB TBC 60' | | | |
| 21:00 | V-POWER E1 45' | V-MIND E1 45' | V-FIGHT E1 45' | PILATES E1 45' | | | |
| 21:15 | VIRTUAL CYCLING E2 45' | | |



ACTIVAL
VIVABOX >>>
 POR 31.90€/MES

Valido para socios activos de Vivagym
 comprando el complemento Vivabox

PRUEBA
 GRATIS



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 | THE BOXER CLUB |

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