



# HORARIO ACTIVIDADES DIRIGIDAS



## VIVAGYM ENTENÇA

FECHA INICIO: 30/03

|       |                        |            |                        |            |                        |           |                        |           |                        |           |
|-------|------------------------|------------|------------------------|------------|------------------------|-----------|------------------------|-----------|------------------------|-----------|
| 7:15  | <b>VIRTUAL CYCLING</b> | E3<br>45'  | <b>VIRTUAL CYCLING</b> | E3<br>45'  | <b>VIRTUAL CYCLING</b> | E3<br>45' | <b>VIRTUAL CYCLING</b> | E3<br>45' | <b>VIRTUAL CYCLING</b> | E3<br>45' |
| 9:30  | <b>YOGA</b>            | E1<br>45'  | <b>V-POWER</b>         | E1<br>45'  | <b>V-MIND</b>          | E1<br>45' | <b>V-BURN</b>          | E1<br>45' |                        |           |
| 10:00 |                        |            |                        |            |                        |           |                        |           |                        |           |
| 10:30 | <b>GAP</b>             | E1<br>45'  | <b>PILATES</b>         | E1<br>45'  |                        |           |                        |           |                        |           |
| 11:15 | <b>VIRTUAL CYCLING</b> | E3<br>45'  | <b>VIRTUAL CYCLING</b> | E3<br>45'  | <b>VIRTUAL CYCLING</b> | E3<br>45' | <b>VIRTUAL CYCLING</b> | E3<br>45' | <b>VIRTUAL CYCLING</b> | E3<br>45' |
| 13:15 |                        |            |                        |            |                        |           |                        |           |                        |           |
| 14:15 | <b>V-POWER</b>         | E1<br>45'  | <b>GAP</b>             | E1<br>45'  | <b>V-POWER</b>         | E1<br>45' | <b>V-MIND</b>          | E1<br>45' |                        |           |
| 17:00 |                        |            |                        |            |                        |           |                        |           |                        |           |
| 17:15 |                        |            |                        |            |                        |           |                        |           |                        |           |
| 18:00 | <b>VIRTUAL CYCLING</b> | E3<br>45'  | <b>VIRTUAL CYCLING</b> | E3<br>45'  | <b>VIRTUAL CYCLING</b> | E3<br>45' | <b>VIRTUAL CYCLING</b> | E3<br>45' | <b>VIRTUAL CYCLING</b> | E3<br>45' |
| 18:00 | <b>THE BOXER CLUB</b>  | E2<br>45'  | <b>THE BOXER CLUB</b>  | E2<br>45'  | <b>THE BOXER CLUB</b>  | E2<br>45' | <b>THE BOXER CLUB</b>  | E2<br>45' |                        |           |
| 18:15 | <b>V-POWER</b>         | E1<br>45'  | <b>ZUMBA</b>           | E1<br>45'  | <b>V-FIGHT</b>         | E1<br>45' | <b>V-POWER</b>         | E1<br>45' |                        |           |
| 18:30 | <b>ABS</b>             | TOS<br>15' | <b>ABS</b>             | TOS<br>15' |                        |           |                        |           |                        |           |
| 18:45 | <b>GAP</b>             | TOS<br>30' | <b>V-METCON</b>        | TOS<br>30' |                        |           |                        |           |                        |           |
| 19:00 | <b>THE BOXER CLUB</b>  | E2<br>45'  | <b>THE BOXER CLUB</b>  | E2<br>45'  | <b>THE BOXER CLUB</b>  | E2<br>45' | <b>THE BOXER CLUB</b>  | E2<br>45' |                        |           |
| 19:15 | <b>V-FIGHT</b>         | E1<br>45'  | <b>V-POWER</b>         | E1<br>45'  | <b>V-POWER</b>         | E1<br>45' |                        |           |                        |           |
| 20:00 | <b>THE BOXER CLUB</b>  | E2<br>45'  |                        |            | <b>THE BOXER CLUB</b>  | E2<br>45' |                        |           |                        |           |

ACTIVA

**VIVABOX**

POR **31.90€** / MES

**CONSIGUE TU PRUEBA GRATIS**

Valido para socios activos de Vivagym comprando el complemento Vivabox

- 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         | CYCLING              | COREOGRAFIADAS        |
| CUERPO-MENTE VIRTUAL | CYCLING VIRTUAL      | FUNCIONAL             |
| CARDIO               | TONIFICACION         | ABDOMINALES           |
| CARDIO VIRTUAL       | TONIFICACION VIRTUAL | <b>THE BOXER CLUB</b> |

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