



# HORARIO ACTIVIDADES DIRIGIDAS



## VIVAGYM TRES DE MAYO

FECHA INICIO: 6/04

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
6:30	V-CROSS	V-POWER	V-CROSS	V-POWER	V-CROSS		
7:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:30	V-CROSS	V-CROSS	V-CROSS	V-CROSS	V-CROSS		
8:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
8:30	V-POWER	CYCLING	V-BURN	CYCLING	V-CROSS	VIRTUAL CYCLING	
9:30	CYCLING	V-POWER	ZUMBA	V-CROSS	V-POWER		
10:30	V-CROSS	V-FIGHT	V-MIND	V-POWER	V-MIND	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30	ZUMBA	PILATES	V-POWER	PILATES	ZUMBA	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-CROSS	
14:30	V-METCON	V-POWER	V-METCON	V-POWER	VIRTUAL CYCLING		
15:00	ABS	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:30	VIRTUAL FIGHT	VIRTUAL MIND	VIRTUAL FIGHT	VIRTUAL MIND	VIRTUAL BURN		
16:00	V-CROSS	V-CROSS	V-CROSS	V-CROSS	V-CROSS		
17:00	V-CROSS	V-CROSS	V-CROSS	V-CROSS			
17:15	CYCLING	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	PILATES	ZUMBA	V-BURN	ZUMBA	V-POWER		
18:00	V-CROSS	V-CROSS	V-CROSS	V-CROSS	V-CROSS		
18:15	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:30	V-POWER	V-FIGHT	ZUMBA	V-POWER			
19:00	V-CROSS	V-METCON	V-CROSS	V-METCON	V-CROSS		
19:15	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
19:30	ZUMBA	V-POWER	V-MIND	VIRTUAL V-POWER			
19:30		ABS		ABS			
20:00	V-CROSS	V-CROSS	V-CROSS				
20:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	V-POWER	VIRTUAL BURN	V-POWER	VIRTUAL MIND			



# QUERERSE MÁS EMPIEZA AQUÍ

Reserva tu clase en la App VivaGym



- 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.

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