



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM SANTS



FECHA INICIO: 7/04

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

**QUERERSE MÁS EMPIEZA AQUÍ**

Reserva tu clase en la App VivaGym

**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.

CUERPO-MENTE	CYCLING	COREOGRAFIADAS
CUERPO-MENTE VIRTUAL	CYCLING VIRTUAL	FUNCIONAL
CARDIO	TONIFICACION	ABDOMINALES
CARDIO VIRTUAL	TONIFICACION VIRTUAL	THE BOXER CLUB

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