



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM LAS TABLAS NORTE



FECHA INICIO: 11/05

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

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	

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