



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM CUATRO CAMINOS



FECHA INICIO: 01/09

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



ENTRENAR LO CAMBIA

→ * * *TODO*



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	TONIFICACIÓN VIRTUAL	

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