



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM SANTS



FECHA INICIO: 7/01

| INICIO | LUN             | MAR             | MIÉ             | JUE             | VIE             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 7:15   | CROSS WOD       | 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         | 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  | CROSS WOD       | HYBRID WOD      | CROSS WOD       |                 |                 |                 |                 |
| 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         | YOGA            | V-POWER         | ZUMBA           | V-BOXING        |                 |                 |
| 18:30  | CYCLING         | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 18:45  | HYBRID WOD      | CROSS WOD       | HYBRID WOD      | CROSS WOD       |                 |                 |                 |
| 19:00  | PILATES         | ZUMBA           | YOGA            | V-FIGHT         | V-POWER         |                 |                 |
| 19:30  | CYCLING         | CYCLING         | CYCLING         | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:45  | CROSS WOD       | HYBRID WOD      | CROSS WOD       | HYBRID WOD      |                 |                 |                 |
| 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          | V-FIGHT         | PILATES         | V-POWER         |                 |                 |                 |

# 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               | TONIFICACIÓN         | ABDOMINALES    |
| CARDIO VIRTUAL       | TONIFICACIÓN VIRTUAL |                |

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