

HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM BILBONDO



FECHA INICIO: 1/09

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



ENTRENAR LO CAMBIA

→ * * *TODO*



➤ VIVAGYM TIENE TODOS LOS DERECHOS RESERVADOS, Y SE RESERVA CUALQUIER MODIFICACIÓN DEL HORARIO POR MOTIVOS EXTERNOS.

➤ USO OBLIGATORIO DE TOALLA.

➤ NO SE PODRÁ ACCEDER A LA SALA UNA VEZ PASADOS LOS PRIMEROS 5 MIN.

CARDIO	CUERPO-MENTE	TONIFICACIÓN	FUNCIONAL
CICLO	BAILES	ABDOMINALES	CICLO VIRTUAL

RESERVA TU CLASE EN EL ÁREA DE CLIENTE EN WWW.VIVAGYM.ES O EN LA APP