



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM VÍA AUGUSTA



FECHA INICIO: 01/12

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

EL MEJOR REGALO, ES SEGUIR EN MOVIMIENTO

¡FELICES FIESTAS!



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

CARDIO

CYCLING

TONIFICACIÓN

CUERPO-MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICACION VIRTUAL

FUNCIONAL

COREOGRAFIADAS

ABDOMINALES

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