



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM UNIVERSITAT



FECHA INICIO: 7/04

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

ACTIVA

VIVABOX

POR 31.90€/MES

CONSIGUE TU PRUEBA GRATIS

*Válido para socios activos de Vivagym comprando el complemento VivaBox.

- VivaGym tiene todos los derechos reservados, y se reservara cualquier modificación 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	THE BOXER CLUB

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