



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ARTEA



FECHA INICIO: 01/09

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



ENTRENAR LO CAMBIA → * * *TODO*

- VivaGym tiene todos los derechos reservados, y se reservara 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	TONIFICACIÓN	ABDOMINALES
CARDIO VIRTUAL	TONIFICACIÓN VIRTUAL	

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