



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM LAS TABLAS NORTE



FECHA INICIO: 1/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:15	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
6:45	V-POWER	POWER CYCLING	GAP	POWER CYCLING	V-BOXING	VIRTUAL CYCLING	VIRTUAL CYCLING
7:45	HITT CYCLING	HYBRID WOD	HITT CYCLING	HYBRID WOD		VIRTUAL CYCLING	VIRTUAL CYCLING
8:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	V-POWER	V-BOXING	ZUMBA	GAP	V-POWER		
9:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	ABS	ABS	ABS	ABS	ABS		
10:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
11:00	PILATES	GAP	YOGA	V-BOXING	ZUMBA	POWER CYCLING	V-POWER
12:00	ABS	ABS	ABS	ABS	ABS	GAP	
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	POWER CYCLING
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00						ZUMBA	YOGA
13:45	GAP	HYBRID WOD	V-POWER	HYBRID WOD			
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	POWER CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:30	V-BOXING	V-POWER		GAP			
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	GAP	V-POWER	V-FIGHT	V-BOXING	GAP		
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:00	V-POWER	PILATES	YOGA	V-POWER	V-FIGHT		
18:15	HYBRID WOD	CROSS WOD	HYBRID WOD	CROSS WOD			
18:30	POWER CYCLING	POWER CYCLING	POWER CYCLING	POWER CYCLING	POWER CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:45	ABS	ABS	ABS	ABS			
19:00	YOGA	ZUMBA	GAP	V-FIGHT	V-POWER		
19:15	CROSS WOD	HYBRID WOD	CROSS WOD	HYBRID WOD	VIRTUAL CYCLING		
19:30	POWER CYCLING	POWER CYCLING	POWER CYCLING	POWER CYCLING	POWER CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:45	ABS	ABS	ABS	ABS			
20:00	GAP	V-POWER	ZUMBA	YOGA	ZUMBA		
20:15	HYBRID WOD	CROSS WOD	HYBRID WOD	CROSS WOD			
20:30	POWER CYCLING	POWER CYCLING	POWER CYCLING	POWER CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
20:45	ABS	ABS	ABS	ABS			
21:00	ZUMBA	V-BOXING	V-POWER	GAP			
21:30	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 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 ÁREA DE CLIENTE EN VIVAGYM.ES O EN LA APP VIVAGYM