



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM LAS TABLAS SUR



FECHA INICIO: 01/09

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

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