

HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM EMBAJADORES



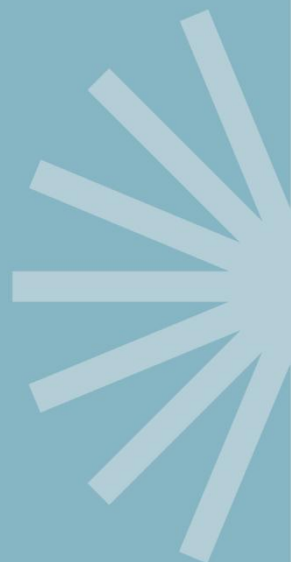
FECHA INICIO: 01/09

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

➤ USO OBLIGATORIO DE TOALLA.

➤ NO SE PODRÁ ACCEDER A LA SALA UNA VEZ PASADOS LOS PRIMEROS 5 MIN.

CARDIO	CUERPO-MENTE	TONIFICACIÓN	FUNCIONAL
CICLO	BAILES	ABDOMINALES	CICLO VIRTUAL

RESERVA TU CLASE EN EL ÁREA DE CLIENTE EN WWW.VIVAGYM.ES O EN LA APP