



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM SAN SEBASTIÁN DE LOS REYES



FECHA INICIO: 01/09

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