



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM FUENLABRADA LAS PROVINCIAS



FECHA INICIO: 1/9

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:30	VIRTUAL V-BURN	VIRTUAL V-POWER	VIRTUAL V-MIND	VIRTUAL V-BURN	VIRTUAL V-FIGHT		
8:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
9:30	V-FIGHT	V-POWER	ZUMBA	GAP		VIRTUAL V-BURN	VIRTUAL V-FIGHT
9:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB		
10:30	PILATES		V-POWER	V-MIND	ZUMBA	VIRTUAL V-FIGHT	VIRTUAL V-POWER
10:30	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	TBC COMPETICIÓN	
11:30	CROSS WOD		HYBRID WOD		STRETCHING	V-POWER	
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30	THE BOXER CLUB	TBC COMPETICIÓN	THE BOXER CLUB	TBC COMPETICIÓN	THE BOXER CLUB	THE BOXER CLUB	
12:00	ABS		ABS		ABS		
12:30							
12:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
13:30	VIRTUAL V-FIGHT	VIRTUAL V-MIND	VIRTUAL V-FIGHT	VIRTUAL V-MIND	VIRTUAL V-FIGHT		
14:30				V-POWER			
14:30	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
14:30	THE BOXER CLUB		THE BOXER CLUB		THE BOXER CLUB		
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:30	TBC COMPETICIÓN	THE BOXER CLUB	TBC COMPETICIÓN	THE BOXER CLUB	TBC COMPETICIÓN		
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	PILATES	VIRTUAL V-BURN	V-MIND	VIRTUAL V-BURN	V-POWER	VIRTUAL V-POWER	
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	TBC KIDS	TBC JUNIOR	TBC KIDS	TBC JUNIOR	TBC KIDS/JUNIOR		
17:45		CROSS WOD		HYBRID WOD			
18:00	ZUMBA	V-MIND	V-FIGHT	PILATES	GAP	VIRTUAL V-FIGHT	
18:15		ABS		ABS			
18:30	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:30	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB		
19:00	V-POWER	V-FIGHT	V-POWER	ZUMBA	VIRTUAL V-MIND	VIRTUAL V-BURN	
19:30	CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	
19:30	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB			
20:00	GAP	V-POWER	V-RUN	VIRTUAL V-FIGHT	VIRTUAL V-BURN		
20:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	THE BOXER CLUB	TBC COMPETICIÓN	THE BOXER CLUB	TBC COMPETICIÓN			
21:00	VIRTUAL V-BURN	VIRTUAL V-FIGHT	VIRTUAL V-POWER	VIRTUAL V-MIND	VIRTUAL V-POWER		
21:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		



ENTRENAR LO CAMBIA

→ * * **TODO**



Vivagym tiene todos los derechos reservados, y se reservará 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

TONIFICACION VIRTUAL

THE BOXER CLUB

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