



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM EL VAL



FECHA INICIO: 01/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:30	VIRTUAL V-POWER	VIRTUAL V-FIGHT	VIRTUAL V-MIND	VIRTUAL V-BURN	VIRTUAL CYCLING		
8:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	CYCLING	CROSS WOD	V-POWER	ZUMBA	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	V-BURN	V-MIND	CYCLING	GAP	V-POWER	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL V-POWER	VIRTUAL V-BURN
11:30	PILATES	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
14:30	V-BURN	VIRTUAL V-FIGHT	V-POWER	VIRTUAL V-MIND			
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	VIRTUAL V-MIND	PILATES	VIRTUAL V-FIGHT	V-POWER			
17:30					V-BURN		
18:00	V-BURN	V-POWER	V-MIND	CYCLING	VIRTUAL V-FIGHT		
18:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING				
18:30					CYCLING		
19:00	ZUMBA	V-FIGHT	V-BURN	GAP	VIRTUAL V-MIND		
19:00	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:00	V-POWER	CYCLING	ZUMBA	VIRTUAL V-BURN	VIRTUAL CYCLING		
20:00	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:00	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

TONIFICACION

ABDOMINALES

CARDIO VIRTUAL

TONIFICACION VIRTUAL

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