



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM LEGANÉS CENTRO



FECHA INICIO: 7/01

| INICIO | LUN             | MAR             | MIÉ             | JUE             | VIE             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 7:00   | VIRTUAL POWER   | VIRTUAL MIND    | VIRTUAL FIGHT   | VIRTUAL POWER   | VIRTUAL POWER   |                 |                 |
| 8:00   | VIRTUAL FIGHT   | VIRTUAL POWER   | VIRTUAL POWER   | VIRTUAL MIND    | VIRTUAL FIGHT   |                 |                 |
| 9:00   | ZUMBA           | GAP             | V-MIND          |                 | V-FIGHT         |                 |                 |
| 9:00   | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:00  | V-MIND          | V-FIGHT         | ZUMBA           | V-POWER         | PILATES         | V-POWER         | VIRTUAL FIGHT   |
| 10:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30  | THE BOXER CLUB  |                 | THE BOXER CLUB  |                 | THE BOXER CLUB  |                 |                 |
| 11:00  | V-POWER         |                 |                 |                 |                 |                 | VIRTUAL POWER   |
| 11:00  | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING |
| 12:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 13:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 14:00  | VIRTUAL POWER   | VIRTUAL MIND    | VIRTUAL POWER   | VIRTUAL FIGHT   | VIRTUAL POWER   |                 |                 |
| 15:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 16:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 17:00  | V-POWER         | PILATES         | VIRTUAL FIGHT   | VIRTUAL POWER   | VIRTUAL MIND    |                 |                 |
| 17:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 17:30  | BOXEO KIDS      | BOXEO KIDS      | BOXEO KIDS      | BOXEO KIDS      |                 |                 |                 |
| 17:45  | CROSS WOD       |                 | HYBRID WOD      |                 |                 |                 |                 |
| 18:00  | V-FIGHT         | GAP             | V-MIND          | ZUMBA           | V-POWER         | VIRTUAL POWER   | VIRTUAL MIND    |
| 18:15  | ABD             |                 | ABD             |                 |                 |                 |                 |
| 18:30  | CYCLING         | CYCLING         | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |                 |                 |
| 18:30  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  |                 |                 |
| 19:00  | ZUMBA           | V-FIGHT         | V-POWER         |                 | PILATES         | VIRTUAL FIGHT   | VIRTUAL POWER   |
| 19:00  |                 |                 |                 | CYCLING         |                 |                 |                 |
| 19:30  | CYCLING         | VIRTUAL CYCLING | CYCLING         |                 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:30  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  |                 |                 |                 |
| 20:00  | V-MIND          | ZUMBA           | V-FIGHT         | GAP             | VIRTUAL POWER   |                 |                 |
| 20:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 20:30  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  |                 |                 |                 |
| 21:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |

THE BOXER CLUB  
VIVABOX 31.90€/MES



CONSIGUE TU PRUEBA GRATIS

\*Válido para socios activos de Vivagym comprando el complemento Vivabox.



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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       | TONIFICACIÓN VIRTUAL |                |

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