



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM SAN SEBASTIAN DE LOS REYES



FECHA INICIO: 1/03

| 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 |                 |                 |
| 9:30   | V-POWER         | ZUMBA           | V-FIGHT         | VIRTUAL V-MIND  | V-MIND          |                 |                 |
| 9:30   | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30  | PILATES         | V-BURN          | V-MIND          | ZUMBA           | V-POWER         | V-POWER         | VIRTUAL V-POWER |
| 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  | GAP             | VIRTUAL 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         | PILATES         | V-MIND          | ZUMBA           | VIRTUAL V-POWER | VIRTUAL V-MIND  |
| 18:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:00  | V-MIND          | ZUMBA           | V-POWER         | V-FIGHT         | CYCLING         | VIRTUAL V-FIGHT | VIRTUAL V-POWER |
| 19:15  | CYCLING         | CYCLING         | CYCLING         | VIRTUAL CYCLING |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:30  |                 | V-HYBRID        |                 |                 |                 |                 |                 |
| 20:00  | V-FIGHT         | GAP             | V-BURN          | V-POWER         | VIRTUAL V-FIGHT |                 |                 |
| 20:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 21:00  | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-YOGA  | VIRTUAL V-BURN  | VIRTUAL V-MIND  |                 |                 |
| 21:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |

# QUERERSE MÁS EMPIEZA AQUÍ

Reserva tu clase en la App VivaGym



VivaGym tiene todos los derechos reservados, y se reservara cualquier modificacion 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       | TONIFICACIÓN VIRTUAL | THE BOXER CLUB |

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