



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM ALCALA PLAZA



FECHA INICIO: 6/04

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:30	VIRTUAL V-BURN	VIRTUAL POWER	VIRTUAL FIGHT	VIRTUAL V-BURN	VIRTUAL POWER		
8:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
9:30	V-POWER	CYCLING	PILATES	ZUMBA	CYCLING		
9:30	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	ZUMBA	V-BURN	GAP	V-YOGA	V-POWER	VIRTUAL POWER	VIRTUAL MIND
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30	PILATES	V-MIND	VIRTUAL POWER	VIRTUAL FIGHT	VIRTUAL MIND	VIRTUAL FIGHT	VIRTUAL V-BURN
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:30	V-METCON	V-CROSS	V-METCON	V-CROSS	VIRTUAL V-BURN		
15:05	ABS	ABS	ABS	ABS			
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	V-POWER	V-YOGA	PILATES	GAP			
18:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:00	V-MIND	V-POWER	ZUMBA	V-CROSS	PILATES	VIRTUAL MIND	VIRTUAL POWER
18:35				ABS			
19:00	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
19:00	V-BURN	ZUMBA		V-MIND	V-POWER	VIRTUAL V-BURN	VIRTUAL FIGHT
19:00		V-CROSS	V-METCON				
19:35		ABS	ABS				
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:00	ZUMBA	PILATES	V-BURN	V-POWER	VIRTUAL YOGA		
20:00	V-METCON						
20:35	ABS						
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

**QUERERSE MÁS EMPIEZA AQUÍ**

Reserva tu clase en la App VivaGym

**MI CULO**

- 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	THE BOXER CLUB