



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM FUENLABRADA LAS PROVINCIAS



FECHA INICIO: 8/12

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		
11:30					STRETCHING	V-POWER	
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30		TBC COMPETICIÓN		TBC COMPETICIÓN			
12:00							
12:30			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							
14:30	VIRTUAL CYCLING	VIRTUAL 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		VIRTUAL CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	
19:30	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB			
20:00	GAP	CYCLING	V-RUN	VIRTUAL V-FIGHT	VIRTUAL V-BURN		
20:30	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		



EL MEJOR
REGALO:
SEGUIR EN MOVIMIENTO

¡FELICES FIESTAS!



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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	TONIFICACIÓN	ABDOMINALES
CARDIO VIRTUAL	TONIFICACIÓN VIRTUAL	

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