



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM MAJADAHONDA CENTRO



FECHA INICIO: 01/09

| INICIO | LUN             | MAR             | MIÉ             | JUE             | VIE             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 6:15   | VIRTUAL CYCLING | VIRTUAL POWER   | VIRTUAL BURN    | VIRTUAL MIND    | VIRTUAL FIGHT   |                 |                 |
| 7:15   | VIRTUAL FIGHT   | VIRTUAL CYCLING | VIRTUAL POWER   | VIRTUAL BURN    | VIRTUAL MIND    |                 |                 |
| 8:15   | VIRTUAL MIND    | VIRTUAL FIGHT   | VIRTUAL CYCLING | VIRTUAL POWER   | VIRTUAL BURN    | VIRTUAL FIGHT   | VIRTUAL POWER   |
| 9:30   | PILATES         | GAP             | CYCLING         | PILATES         | V-POWER         | VIRTUAL MIND    | VIRTUAL CYCLING |
| 10:30  | ZUMBA           | CYCLING         | PILATES         | V-POWER         | CYCLING         | VIRTUAL BURN    | VIRTUAL MIND    |
| 11:30  | V-POWER         | PILATES         | V-BURN          | ZUMBA           | STRETCHING      | V-POWER         | V-BURN          |
| 12:30  | VIRTUAL FIGHT   | VIRTUAL CYCLING | VIRTUAL POWER   | VIRTUAL BURN    | VIRTUAL MIND    | CYCLING         | V-MIND          |
| 14:30  | V-BURN          | CYCLING         | V-POWER         | VIRTUAL MIND    | VIRTUAL FIGHT   | VIRTUAL POWER   | VIRTUAL FIGHT   |
| 16:00  | VIRTUAL POWER   | VIRTUAL BURN    | VIRTUAL CYCLING | VIRTUAL FIGHT   | VIRTUAL MIND    | VIRTUAL MIND    | VIRTUAL CYCLING |
| 17:00  | VIRTUAL CYCLING | V-BURN          | VIRTUAL MIND    | ZUMBA           | V-POWER         | VIRTUAL BURN    | VIRTUAL FIGHT   |
| 17:00  |                 | ABS             |                 |                 |                 |                 |                 |
| 17:15  | CROSS WOD       |                 | CROSS WOD       |                 |                 |                 |                 |
| 18:00  | PILATES         | VIRTUAL MIND    | V-POWER         | V-MIND          | ZUMBA           | VIRTUAL POWER   | VIRTUAL MIND    |
| 18:00  | ABS             |                 |                 |                 |                 |                 |                 |
| 18:15  |                 | CROSS WOD       |                 |                 |                 |                 |                 |
| 18:30  | CYCLING         | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 19:00  | ZUMBA           | GAP             | V-FIGHT         | V-POWER         | CROSS WOD       | VIRTUAL CYCLING | VIRTUAL BURN    |
| 19:00  |                 |                 | ABS             |                 |                 |                 |                 |
| 19:30  | CYCLING         | CYCLING         | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING |                 |                 |
| 20:00  | V-POWER         | V-MIND          | GAP             | V-BURN          | VIRTUAL FIGHT   |                 |                 |
| 20:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 21:00  | V-FIGHT         | V-POWER         | ZUMBA           | PILATES         | VIRTUAL POWER   |                 |                 |
| 21:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |



# ENTRENAR LO CAMBIA

→ \* \* *TODO*



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 |                |

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