

HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM SAN VICENTE

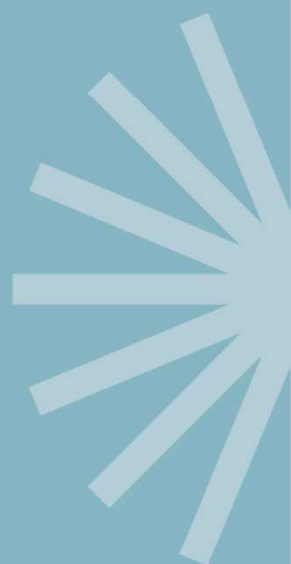


FECHA INICIO: 01/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:30	VIRTUAL MIND	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:30	G3	V-POWER	VIRTUAL FIGHT	VIRTUAL MIND	VIRTUAL POWER		
8:30	V-POWER	HYBRID WOD	V-MIND	V-BURN	V-FIGHT	VIRTUAL CYCLING	VIRTUAL CYCLING
8:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL BURN	VIRTUAL POWER
9:30	CYCLING	V-FIGHT	ZUMBA	CYCLING	ZUMBA	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	VIRTUAL BURN	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL MIND	VIRTUAL CYCLING	VIRTUAL MIND	VIRTUAL BURN
10:30	ZUMBA	PILATES	G3	V-POWER	PILATES	V-POWER	VIRTUAL MIND
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL MIND	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	HYBRID WOD	VIRTUAL CYCLING	CYCLING	VIRTUAL POWER
12:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL POWER	VIRTUAL CYCLING
13:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:30	G3	V-POWER	V-BURN	HYBRID WOD	VIRTUAL MIND		
14:30	VIRTUAL FIGHT	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:30	VIRTUAL CYCLING	VIRTUAL MIND	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00		G3					
17:30	V-POWER	V-BURN	PILATES	V-MIND	HYBRID WOD	VIRTUAL CYCLING	VIRTUAL CYCLING
18:00	CYCLING	CYCLING	HYBRID WOD	G3	CYCLING		
18:30		ZUMBA	V-POWER	ZUMBA		VIRTUAL POWER	VIRTUAL MIND
18:30	PILATES					VIRTUAL CYCLING	VIRTUAL CYCLING
19:00	CYCLING	CYCLING	CYCLING	CYCLING	V-POWER		
19:00					VIRTUAL CYCLING		
19:30	V-FIGHT	V-POWER	ZUMBA	PILATES	HYBRID WOD	VIRTUAL CYCLING	VIRTUAL CYCLING
19:30		HYBRID WOD				VIRTUAL MIND	VIRTUAL POWER
20:00	CYCLING	V-RUN	CYCLING	HYBRID WOD	YOGA		
20:00	HYBRID WOD	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	ZUMBA	V-MIND	YOGA	V-POWER			
21:00	HYBRID WOD	VIRTUAL CYCLING	HYBRID WOD	VIRTUAL CYCLING	VIRTUAL CYCLING		



ENTRENAR LO CAMBIA → * * *TODO*



➤ VIVAGYM TIENE TODOS LOS DERECHOS RESERVADOS, Y SE RESERVA CUALQUIER MODIFICACIÓN DEL HORARIO POR MOTIVOS EXTERNOS.

➤ USO OBLIGATORIO DE TOALLA.

➤ NO SE PODRÁ ACCEDER A LA SALA UNA VEZ PASADOS LOS PRIMEROS 5 MIN.

CARDIO	CUERPO-MENTE	TONIFICACIÓN	FUNCIONAL
CICLO	BAILES	ABDOMINALES	CICLO VIRTUAL

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