



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM SAN VICENTE



FECHA INICIO: 7/1

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



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QUERERSE MÁS EMPIEZA AQUÍ

Reserva tu clase en la App VivaGym



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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	TONIFICACIÓN	ABDOMINALES
CARDIO VIRTUAL	TONIFICACIÓN VIRTUAL	

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