



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM PLAZA CIRCULAR



FECHA INICIO: 11/05

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:30	VIRTUAL V-BURN	VIRTUAL V-FIGHT	VIRTUAL V-MIND	VIRTUAL V-POWER	VIRTUAL V-BURN		
8:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
8:30	VIRTUAL V-POWER	VIRTUAL V-MIND	VIRTUAL V-BURN	VIRTUAL V-FIGHT	VIRTUAL V-MIND		
8:45						VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
9:30	V-POWER	GAP	V-POWER	V-CROSS	ZUMBA		
9:45						VIRTUAL CYCLING	VIRTUAL CYCLING
10:00							
10:30	PILATES	THE BOXER CLUB	V-MIND	THE BOXER CLUB	GAP	VIRTUAL V-POWER	VIRTUAL V-POWER
10:45		ZUMBA		YOGA		VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL V-MIND	VIRTUAL V-MIND
12:00	THE BOXER CLUB		THE BOXER CLUB		THE BOXER CLUB	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	VIRTUAL V-POWER	VIRTUAL V-POWER	VIRTUAL V-BURN	VIRTUAL V-FIGHT	VIRTUAL V-MIND		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
13:15	VIRTUAL V-MIND	VIRTUAL V-BURN	VIRTUAL V-FIGHT	VIRTUAL V-BURN	VIRTUAL V-FIGHT		
14:15	VIRTUAL V-POWER	VIRTUAL V-MIND	VIRTUAL V-POWER	VIRTUAL V-MIND	VIRTUAL V-POWER		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	THE BOXER KIDS	THE BOXER KIDS	THE BOXER KIDS	THE BOXER KIDS	THE BOXER CLUB		
17:30	GAP			V-MIND	VIRTUAL V-BURN		
17:45		V-POWER	VIRTUAL CYCLING	THE BOXER CLUB			
18:00	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER		VIRTUAL V-POWER		
18:00	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB		
18:30	V-CROSS			VIRTUAL CYCLING			
18:30	V-MIND			GAP	VIRTUAL CYCLING		
18:45			VIRTUAL CYCLING				
19:00	VIRTUAL CYCLING	YOGA	V-CROSS				
19:00	ABS	VIRTUAL CYCLING					
19:00	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB		
19:30			ZUMBA	PILATES			
19:30	ZUMBA		ABS	VIRTUAL V-BURN	VIRTUAL V-POWER		
19:45			VIRTUAL CYCLING				
20:00	VIRTUAL CYCLING	GAP					
20:00	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB			
20:15							
20:30	V-POWER		PILATES	V-METCON	VIRTUAL CYCLING		
20:30		VIRTUAL CYCLING		VIRTUAL CYCLING			
20:45		V-METCON	VIRTUAL CYCLING				
21:00				ABS			
21:15		ABS					

ACTIVAL

VIVABOX

POR 31.90€/MES

CONSIGUE TU PRUEBA GRATIS

*Válido para socios activos de Vivagym comprando el complemento Vivabox.

- 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

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