



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM GROS



FECHA INICIO: 01/09

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



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