



HORARIO ACTIVIDADES DIRIGIDAS VIVAGYM SAN AGUSTÍN



FECHA INICIO: 1/09

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



ENTRENAR LO CAMBIA

→ * * *TODO*



Vivagym tiene todos los derechos reservados, y se reservará cualquier modificación del horario por motivos externos.



Uso obligatorio de toalla.



No se podrá 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 ÁREA DE CLIENTE EN VIVAGYM.ES O EN LA APP VIVAGYM