

HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM GURIDI



FECHA INICIO: 1/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:15	VIRTUAL V-POWER		VIRTUAL GAP		VIRTUAL V-POWER		
6:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:15	CYCLING	GAP	V-POWER	FIT MOVES	CYCLING		
8:15	ABS	VIRTUAL CYCLING	FIT MOVES	ABS			
9:00	ZUMBA	V-POWER	V-BURN	VIRTUAL CYCLING	V-POWER		
9:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	GAP	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	V-POWER	PILATES	PILATES	ZUMBA	GAP	VIRTUAL GAP	VIRTUAL V-POWER
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	VIRTUAL CYCLING	WEEKEND CLASS	VIRTUAL CYCLING
12:00		VIRTUAL CYCLING		VIRTUAL CYCLING			VIRTUAL CYCLING
13:30		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
14:15	VIRTUAL CYCLING	VIRTUAL V-POWER	VIRTUAL CYCLING	VIRTUAL GAP	VIRTUAL V-POWER		
14:15	VIRTUAL V-MIND		VIRTUAL V-MIND		VIRTUAL CYCLING		
15:00			VIRTUAL V-POWER				
16:00		VIRTUAL CYCLING		VIRTUAL CYCLING			
17:00	ABS		FIT MOVES		VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	PILATES	CYCLING		V-POWER	ABS		
18:00			VIRTUAL CYCLING		CYCLING	VIRTUAL CYCLING	
18:15	ZUMBA						
18:15	CYCLING	V-FIGHT	PILATES	CYCLING			
19:00		GAP	ZUMBA		V-POWER		
19:00			CYCLING	GAP	VIRTUAL CYCLING	VIRTUAL CYCLING	
19:15	V-POWER	VIRTUAL CYCLING					
19:15	VIRTUAL CYCLING			VIRTUAL CYCLING			
20:00	GAP	PILATES	V-POWER	VIRTUAL V-MIND	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