



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM VEGA PLAZA



FECHA INICIO: 01/09

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



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

TONIFICACION

ABDOMINALES

CARDIO VIRTUAL

TONIFICACION VIRTUAL

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