



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ALBERTO AGUILERA



FECHA INICIO: 15/09

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

THE BOXER CLUB

BOXEO
DESDE
31'90*
€/MES

APRENDE
SUDA
DIVIÉRTETE

*Válido para socios activos de VivaGym con cuota prime, comprando el complemento VivaBox.

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

CARDIO

CYCLING

TONIFICACION

CUERPO-MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICACION VIRTUAL

FUNCIONAL

COREOGRAFIADAS

ABDOMINALES

THE BOXER CLUB

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