



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ANSOAIN



FECHA INICIO: 22/12

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:00	CROSS WOD	HYBRID WOD	CROSS WOD	HYBRID WOD	HYBRID WOD		
7:30							
8:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
8:30							
9:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	DANCE	GAP	PILATES	V-POWER	PILATES		
9:45							
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
10:15							
10:30	V-POWER	V-MIND	CYCLING	PILATES	CYCLING		
11:00	THE BOXER CLUB	VIRTUAL CYCLING	THE BOXER CLUB	VIRTUAL CYCLING	THE BOXER CLUB	VIRTUAL CYCLING	VIRTUAL CYCLING
11:30							
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:30	THE BOXER KIDS	THE BOXER KIDS	THE BOXER KIDS	THE BOXER KIDS			
16:30							
17:00	V-POWER	PILATES	V-BURN	V-POWER	PILATES		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:30	THE BOXER KIDS	THE BOXER KIDS	THE BOXER KIDS	THE BOXER KIDS	THE BOXER CLUB		
18:00	PILATES	V-POWER	PILATES	GAP	V-POWER		
18:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	VIRTUAL V-BURN						
18:15							
18:30							
18:30	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB	THE BOXER CLUB		
19:00	CYCLING	CYCLING	CYCLING	CYCLING	VIRTUAL V-BURN		
19:00	VIRTUAL V-MIND	VIRTUAL V-POWER			HYBRID WOD		
19:00				VIRTUAL V-BURN			
19:30	THE BOXER CLUB		THE BOXER CLUB	THE BOXER CLUB			
19:30							
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	PILATES	VIRTUAL V-MIND		
20:15	HYBRID WOD	HYBRID WOD					
20:30	THE BOXER CLUB	VIRTUAL CYCLING	THE BOXER CLUB	THE BOXER CLUB	VIRTUAL CYCLING		
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
22:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

EL MEJOR REGALO, ES SEGUIR EN MOVIMIENTO

¡FELICES FIESTAS!



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

TONIFICACIÓN

CUERPO-MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICACIÓN VIRTUAL

FUNCIONAL

COREOGRAFIADAS

ABDOMINALES

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