

# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM DEUSTO



FECHA INICIO: 18/06

| INICIO | LUN             | MAR             | MIÉ                | JUE             | VIE             | SÁB             | DOM             |
|--------|-----------------|-----------------|--------------------|-----------------|-----------------|-----------------|-----------------|
| 7:30   | G BODY          | GAP             | G TRAINING VIRTUAL | POWER WOD       |                 |                 |                 |
| 7:30   | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING         |                 |                 |
| 8:30   | CYCLING         | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| 8:30   |                 |                 | GAP                | G BOX VIRTUAL   | G BODY          |                 |                 |
| 9:30   | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING            | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 9:30   | GAP             | ZUMBA           |                    | G BODY          | ZUMBA           |                 |                 |
| 10:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 11:00  |                 |                 |                    |                 |                 | WEEKEND CLASS   |                 |
| 10:30  | PILATES         | G BODY          | PILATES            | ZUMBA           | PILATES         |                 | G BODY VIRTUAL  |
| 11:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 11:30  |                 | G MIND VIRTUAL  |                    | G MIND VIRTUAL  |                 |                 | G BOX VIRTUAL   |
| 12:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 14:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 14:15  | G BODY          | GAP             | G BODY             | GAP             | G BODY          |                 |                 |
| 15:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 15:15  |                 | G BODY VIRTUAL  | G BOX VIRTUAL      | G BODY VIRTUAL  | G MIND VIRTUAL  |                 |                 |
| 16:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 17:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 17:30  | G BOX           | PILATES         | G BODY             | ZUMBA           |                 |                 |                 |
| 18:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 18:30  | CYCLING         | CYCLING         | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 18:30  | GAP             | G BODY          | G BOX              | POWER WOD       | POWER WOD       |                 |                 |
| 19:30  | CYCLING         | CYCLING         | CYCLING            | CYCLING         | CYCLING VIRTUAL |                 |                 |
| 19:30  | ZUMBA           | POWER WOD       | ZUMBA              | G BODY          | G BOX VIRTUAL   |                 |                 |
| 20:30  | G BODY          |                 |                    |                 |                 |                 |                 |
| 20:30  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL    | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |



# 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 | GUERPO-MENTE | TONIFICACIÓN | FUNCIONAL     |
| CICLO  | BAILES       | ABDOMINALES  | CICLO VIRTUAL |

RESERVA TU CLASE EN EL ÁREA DE CLIENTE EN [WWW.VIVAGYM.ES](http://WWW.VIVAGYM.ES) O EN LA APP