



# HORARIO ACTIVIDADES DIRIGIDAS VIVAGYM PENTASA



FECHA INICIO: 1/09

| INICIO | LUN             | MAR             | MIÉ             | JUE             | VIE             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 6:15   | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 7:15   | CROSS WOOD      | FIT MOVES       | CROSS WOOD      | FIT MOVES       |                 |                 |                 |
| 7:15   | VIRTUAL V-POWER | VIRTUAL V-FIGHT | VIRTUAL V-FIGHT | VIRTUAL V-POWER | VIRTUAL V-MIND  |                 |                 |
| 7:15   | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 9:30   | V-POWER         | PILATES         | V-POWER         | GAP             | V-POWER         | VIRTUAL V-POWER | VIRTUAL V-POWER |
| 9:30   | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30  | ZUMBA           | VIRTUAL V-FIGHT | DANCE VIRTUAL   | ZUMBA           | VIRTUAL V-MIND  | VIRTUAL V-FIGHT | VIRTUAL V-POWER |
| 10:30  | VIRTUAL CYCLING | CYCLING         | CYCLING         | VIRTUAL CYCLING | POWER CYCLING   | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  |                 |                 |
| 11:30  | VIRTUAL V-MIND  | VIRTUAL V-FIGHT | VIRTUAL V-BURN  | PILATES         | DANCE VIRTUAL   | VIRTUAL V-FIGHT | VIRTUAL V-POWER |
| 11:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 12:30  | VIRTUAL V-FIGHT | DANCE VIRTUAL   | VIRTUAL V-BURN  | VIRTUAL V-FIGHT | DANCE VIRTUAL   | DANCE VIRTUAL   | VIRTUAL V-BURN  |
| 12:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 13:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 14:30  | FIT MOVES       | FIT MOVES       | FIT MOVES       | FIT MOVES       |                 |                 |                 |
| 14:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 15:30  | VIRTUAL V-FIGHT | VIRTUAL V-POWER | DANCE VIRTUAL   | VIRTUAL V-FIGHT | VIRTUAL V-BURN  |                 |                 |
| 16:30  | VIRTUAL V-POWER | DANCE VIRTUAL   | VIRTUAL V-MIND  | VIRTUAL V-POWER | VIRTUAL V-FIGHT |                 |                 |
| 16:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 17:15  |                 |                 |                 |                 | FIT MOVES       |                 |                 |
| 17:30  | FIT MOVES       | FIT MOVES       | FIT MOVES       |                 |                 |                 |                 |
| 17:30  | PILATES         | PILATES         | VIRTUAL V-POWER | VIRTUAL V-FIGHT | VIRTUAL V-POWER |                 |                 |
| 17:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 17:30  |                 |                 |                 |                 | THE BOXER CLUB  |                 |                 |
| 18:00  |                 |                 |                 |                 | GAP             |                 |                 |
| 18:15  | FIT MOVES       | ABS             | ABS             | ABS             |                 |                 |                 |
| 18:30  | ZUMBA           | V-FIGHT         | V-FIGHT         | VIRTUAL V-MIND  | VIRTUAL V-FIGHT |                 |                 |
| 18:30  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  |                 |                 |
| 18:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 19:00  |                 |                 |                 |                 | GAP             |                 |                 |
| 19:30  | VIRTUAL V-FIGHT | V-POWER         | ZUMBA           | DANCE VIRTUAL   | VIRTUAL V-FIGHT |                 |                 |
| 19:30  | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING |                 |                 |
| 19:30  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  |                 |                 |                 |
| 20:30  | V-POWER         | DANCE VIRTUAL   | V-POWER         | VIRTUAL V-POWER | VIRTUAL V-MIND  |                 |                 |
| 20:30  | CROSS WOOD      |                 |                 | CROSS WOOD      |                 |                 |                 |
| 20:30  | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 20:30  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  | THE BOXER CLUB  |                 |                 |                 |
| 21:30  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | 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 cinco minutos.

|                      |                      |                |
|----------------------|----------------------|----------------|
| CUERPO-MENTE         | CYCLING              | COREOGRAFIADAS |
| CUERPO-MENTE VIRTUAL | CYCLING VIRTUAL      | FUNCIONAL      |
| CARDIO               | TONIFICACIÓN         | ABDOMINALES    |
| CARDIO VIRTUAL       | TONIFICACIÓN VIRTUAL | THE BOXER CLUB |

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