



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ANSOAIN



FECHA INICIO: 1/09

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



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	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