



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM LAS ROSAS



FECHA INICIO: 12/01

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