



# HORARIO ACTIVIDADES DIRIGIDAS

## VIVAGYM ESTACIÓN



FECHA INICIO: 20/04

| Nº    | LUN             | MAR             | MIÉ             | JUE             | VIE             | SÁB             | DOM             |
|-------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 7:00  | V-POWER         | CYCLING         | V-METCON        | CYCLING         | V-METCON        |                 | 7:00            |
| 7:15  | VIRTUAL CYCLING | VIRTUAL V-POWER | VIRTUAL CYCLING |                 | VIRTUAL CYCLING |                 | 7:15            |
| 7:30  |                 |                 | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER |                 | 7:30            |
| 8:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 | 8:15            |
| 8:30  | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER |                 | 8:30            |
| 9:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL V-POWER |
| 9:30  | PILATES         | FIT MOVES       | PILATES         | GAP             | PILATES         | VIRTUAL V-POWER | VIRTUAL CYCLING |
| 10:15 | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL V-POWER |
| 11:15 |                 | GAP             | DANCE           |                 | V-POWER         | V-POWER         | VIRTUAL CYCLING |
| 11:30 | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | POWER CYCLING   | VIRTUAL V-POWER |
| 11:30 | V-POWER         | VIRTUAL V-POWER | V-POWER         |                 | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL CYCLING |
| 12:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | POWER CYCLING   | VIRTUAL V-POWER |
| 12:30 | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL CYCLING |
| 13:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL V-POWER |
| 13:30 | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL CYCLING |
| 14:30 | VIRTUAL V-POWER | VIRTUAL CYCLING |                 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 14:30 | VIRTUAL CYCLING | VIRTUAL V-POWER | VIRTUAL CYCLING | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER |                 |
| 15:30 | VIRTUAL V-POWER |                 | VIRTUAL V-POWER |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 16:15 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER |                 |
| 16:30 | VIRTUAL V-POWER | VIRTUAL V-POWER |                 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 17:15 | CYCLING         | VIRTUAL CYCLING | VIRTUAL V-POWER | VIRTUAL MIND    | VIRTUAL V-POWER | VIRTUAL V-POWER |                 |
| 17:30 | PILATES         | VIRTUAL V-POWER | VIRTUAL CYCLING | CYCLING         | CYCLING         |                 |                 |
| 17:30 | V-CROSS         | CYCLING         | V-CROSS         | V-METCON        | V-CROSS         | VIRTUAL CYCLING |                 |
| 18:15 | CYCLING         | V-CROSS         | PILATES         | VIRTUAL V-POWER | VIRTUAL V-POWER | VIRTUAL V-POWER |                 |
| 18:15 | ABS             | V-BURN          | ABS             | ABS             | ABS             | VIRTUAL CYCLING |                 |
| 18:30 | V-POWER         | ABS             | CYCLING         | VIRTUAL FIGHT   |                 | VIRTUAL V-POWER |                 |
| 19:00 | V-METCON        | CYCLING         | DANCE           | CYCLING         | VIRTUAL CYCLING |                 |                 |
| 19:15 | CYCLING         | V-MIND          |                 | GAP             | V-POWER         |                 |                 |
| 19:30 | VIRTUAL FIGHT   | V-METCON        | CYCLING         | CYCLING         |                 |                 |                 |
| 19:30 |                 | CYCLING         |                 |                 | CYCLING         |                 |                 |
| 20:00 | V-CROSS         | DANCE           | V-POWER         | V-CROSS         | VIRTUAL V-POWER |                 |                 |
| 20:15 | CYCLING         | ABS             | CYCLING         | ABS             | VIRTUAL CYCLING |                 |                 |
| 20:30 | GAP             | V-CROSS         | V-CROSS         | VIRTUAL V-POWER | VIRTUAL V-POWER |                 |                 |
| 20:45 | ABS             | CYCLING         | GAP             | VIRTUAL CYCLING |                 |                 |                 |
| 21:15 | VIRTUAL CYCLING |                 | ABS             |                 |                 |                 |                 |
| 21:30 | VIRTUAL V-POWER | ABS             | VIRTUAL CYCLING |                 |                 |                 |                 |
| 21:30 |                 | VIRTUAL V-POWER |                 |                 |                 |                 |                 |



# QUERERSE MÁS EMPIEZA AQUÍ

Reserva tu clase en la App VivaGym



- VivaGym tiene todos los derechos reservados, y se reservara cualquier modificacion del horario por motivos externos.
- Uso obligatorio de toalla.
- No se podra acceder a la sala una vez pasados los primeros cinco minutos.

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

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