



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM DEUSTO



FECHA INICIO: 1/09

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:15	V-POWER	V-FIGHT	VIRTUAL MIND	VIRTUAL FIGHT	VIRTUAL POWER		
8:15	VIRTUAL BURN	V-POWER	GAP	HYBRID WOD	VIRTUAL MIND		
8:15	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING		
9:15	PILATES	ZUMBA	V-BURN	ZUMBA	PILATES		
9:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:15	VIRTUAL FIGHT	VIRTUAL BURN	HYBRID WOD	GAP	ZUMBA		
10:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:15	VIRTUAL MIND	VIRTUAL POWER	VIRTUAL FIGHT	VIRTUAL POWER	VIRTUAL BURN	V-POWER	VIRTUAL POWER
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
13:15	VIRTUAL FIGHT	VIRTUAL BURN	VIRTUAL POWER	VIRTUAL FIGHT	VIRTUAL MIND	VIRTUAL POWER	
13:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
14:15	V-POWER	VIRTUAL FIGHT	GAP	VIRTUAL POWER	V-POWER	VIRTUAL V-FIGHT	
14:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:30	VIRTUAL POWER	VIRTUAL POWER	VIRTUAL FIGHT	VIRTUAL POWER	VIRTUAL MIND	VIRTUAL BURN	
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	VIRTUAL FIGHT	VIRTUAL MIND	VIRTUAL BURN	VIRTUAL POWER	VIRTUAL FIGHT		
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:00	V-FIGHT	HYBRID WOD	V-POWER	GAP	V-POWER		
18:30	VIRTUAL CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
19:00	ZUMBA	V-BURN	V-FIGHT	V-BURN	VIRTUAL BURN		
19:30	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
20:00	GAP	V-POWER	ZUMBA	VIRTUAL MIND	VIRTUAL FIGHT		
20:30	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	

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