



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM SIETE PALMAS



FECHA INICIO: 01/12

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



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	TONIFICACIÓN	ABDOMINALES
CARDIO VIRTUAL	TONIFICACIÓN VIRTUAL	

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