



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ESTACIÓN



FECHA INICIO: 1/12

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:00	V-POWER	CYCLING	HYBRID WOD	CYCLING	HYBRID WOD		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	V-MIND	PILATES	VIRTUAL V-POWER	VIRTUAL CYCLING
10:15	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	V-POWER	VIRTUAL V-POWER
11:15		GAP	DANCE		V-POWER	V-POWER	VIRTUAL CYCLING
11:15	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	POWER CYCLING	VIRTUAL V-POWER
11:30	V-POWER	VIRTUAL V-POWER	V-POWER	GAP	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 CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
14:30	VIRTUAL CYCLING	HYBRID WOD	VIRTUAL CYCLING	HYBRID WOD	VIRTUAL V-POWER	VIRTUAL V-POWER	
15:30	VIRTUAL V-POWER	ABS	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	V-MIND	VIRTUAL V-POWER	VIRTUAL V-POWER	
17:30	PILATES	VIRTUAL V-POWER	VIRTUAL CYCLING	CYCLING	CYCLING	VIRTUAL V-POWER	
17:30	CROSS WOD	CYCLING	CROSS WOD	DANCE	CROSS WOD	VIRTUAL CYCLING	
18:15	CYCLING	V-BURN	PILATES	CROSS WOD	VIRTUAL V-POWER	VIRTUAL V-POWER	
18:15	ABS	CROSS WOD	CYCLING	CYCLING	ABS	VIRTUAL CYCLING	
18:30	V-POWER	CYCLING	ABS	GAP	ABS	VIRTUAL V-POWER	
19:00	HYBRID WOD	ABS	DANCE	ABS	VIRTUAL CYCLING		
19:15	CYCLING	V-MIND	HYBRID WOD	CYCLING	V-POWER		
19:30	V-FIGHT	HYBRID WOD	CYCLING	HYBRID WOD			
19:30	STRETCHING	CYCLING	ABS	VIRTUAL V-FIGHT	CYCLING		
20:00	CROSS WOD	DANCE	V-POWER	ABS	VIRTUAL V-POWER		
20:15	CYCLING	STRETCHING	CYCLING	VIRTUAL V-POWER	VIRTUAL CYCLING		
20:30	GAP	CROSS WOD	CROSS WOD	VIRTUAL CYCLING	VIRTUAL V-POWER		
20:45	ABS	CYCLING	GAP				
21:15	VIRTUAL CYCLING	V-POWER	VIRTUAL CYCLING				
21:30	VIRTUAL V-POWER	ABS	ABS				
21:30		VIRTUAL V-POWER					

EL MEJOR REGALO:

SEGUIR EN MOVIMIENTO

¡FELICES FIESTAS!

- VivaGym tiene todos los derechos reservados, y se reservara cualquier modificacion 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