

HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM PONFERRADA

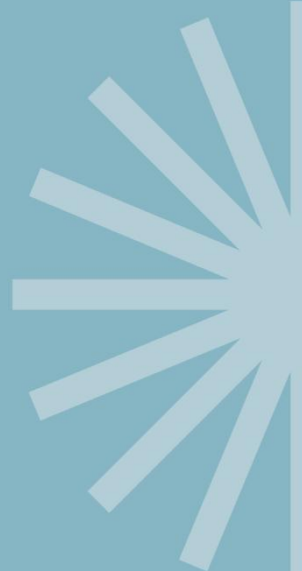


FECHA INICIO: 1/10/25

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
6:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
7:30	VIRTUAL POWER	VIRTUAL BURN	VIRTUAL MIND	VIRTUAL FIGHT	VIRTUAL POWER		
8:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
8:30							
9:15	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	V-POWER	V-MIND	CYCLING	PILATES	VIRTUAL MIND	VIRTUAL POWER	VIRTUAL MIND
10:15	VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	PILATES	CYCLING	V-BURN	ZUMBA	V-POWER	VIRTUAL FIGHT	VIRTUAL BURN
11:15	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
11:30	ZUMBA	V-POWER	ZUMBA	GAP	CYCLING		
12:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
12:30			VIRTUAL POWER		VIRTUAL MIND		
13:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
14:15	VIRTUAL POWER	VIRTUAL MIND	VIRTUAL BURN	VIRTUAL FIGHT	VIRTUAL POWER		
14:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	PILATES	ZUMBA	V-MIND	VIRTUAL BURN	PILATES		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	V-FIGHT	PILATES	V-POWER		V-BURN		
18:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
18:15	ABS	ABS	ABS				
19:00	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL FIGHT		
19:00	V-POWER	CYCLING	V-FIGHT	ZUMBA	CYCLING		
20:00	VIRTUAL MIND	V-BURN		VIRTUAL CYCLING			
20:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	VIRTUAL CYCLING		
21:00	ZUMBA			VIRTUAL CYCLING			
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING		
22:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		



ENTRENAR LO CAMBIA → * * *TODO*



- VIVAGYM TIENE TODOS LOS DERECHOS RESERVADOS, Y SE RESERVA CUALQUIER MODIFICACIÓN DEL HORARIO POR MOTIVOS EXTERNOS.
- USO OBLIGATORIO DE TOALLA.
- NO SE PODRÁ ACCEDER A LA SALA UNA VEZ PASADOS LOS PRIMEROS 5 MIN.

CARDIO	CUERPO-MENTE	TONIFICACIÓN	FUNCIONAL
CICLO	BAILES	ABDOMINALES	CICLO VIRTUAL

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