



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ESTACIÓN PAMPLONA



FECHA INICIO: 01/09/2025

NOI	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:00	V-POWER	CYCLING	HYBRID WOD	CYCLING	HYBRID WOD		
7:15	VIRTUAL CYCLING	VIRTUAL V-POWER	VIRTUAL CYCLING		VIRTUAL CYCLING		
7:30			VIRTUAL V-POWER	VIRTUAL V-POWER	VIRTUAL V-POWER		
8:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
8:30	VIRTUAL V-POWER	VIRTUAL V-POWER	VIRTUAL V-POWER	VIRTUAL V-POWER	VIRTUAL V-POWER		
9:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
9:30	PILATES	FIT MOVES	PILATES	V-MIND	PILATES	VIRTUAL V-POWER	VIRTUAL CYCLING
10:15	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL V-POWER
11:15		GAP	ZUMBA		V-POWER	V-POWER	VIRTUAL CYCLING
11:15	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	POWER CYCLING	VIRTUAL V-POWER
11:30	VIRTUAL 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	
14:30	VIRTUAL CYCLING	TBC	VIRTUAL CYCLING		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 V-POWER	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:15	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-MIND	VIRTUAL V-POWER	VIRTUAL V-POWER	
17:30	PILATES	VIRTUAL V-POWER	V-POWER	CYCLING	CYCLING		
17:30	CROSS WOD	CYCLING	CROSS WOD	ZUMBA	CROSS WOD	VIRTUAL CYCLING	
18:15	CYCLING	V-BURN	CYCLING	CROSS WOD	ZUMBA	VIRTUAL V-POWER	
18:15	ABS	CROSS WOD	ABS	CYCLING	ABS	VIRTUAL CYCLING	
18:30	V-POWER	CYCLING	PILATES	GAP		VIRTUAL V-POWER	
19:00	HYBRID WOD	ABS	HYBRID WOD	ABS	VIRTUAL CYCLING		
19:15	CYCLING	V-MIND	ZUMBA	CYCLING	V-POWER		
19:30	V-FIGHT	HYBRID WOD	CYCLING	HYBRID WOD			
19:30	STRETCHING	CYCLING	STRETCHING	VIRTUAL V-FIGHT	CYCLING		
20:00	CROSS WOD	ZUMBA	CYCLING	STRETCHING	VIRTUAL V-POWER		
20:15	CYCLING	STRETCHING	V-POWER	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					



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

TONIFICACION

ABDOMINALES

CARDIO VIRTUAL

TONIFICACION VIRTUAL

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