



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM ESTACIÓN PAMPLONA



FECHA INICIO: 07/01/2026

INICIO	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
7:00	V-POWER	7:00 CYCLING	7:00 HYBRID WOD	7:00 CYCLING	7:00 HYBRID WOD	7:00	
7:15	VIRTUAL CYCLING	7:00 VIRTUAL V-POWER	7:15 VIRTUAL CYCLING	7:15 VIRTUAL V-POWER	7:15 VIRTUAL CYCLING	7:15	
7:30		7:30	7:30 VIRTUAL V-POWER			7:30	
8:15	VIRTUAL CYCLING	8:15 VIRTUAL CYCLING	8:15 VIRTUAL CYCLING	8:15 VIRTUAL CYCLING	8:15 VIRTUAL CYCLING	8:15	
8:30	VIRTUAL V-POWER	8:30 VIRTUAL V-POWER	8:30 VIRTUAL V-POWER	8:30 VIRTUAL V-POWER	8:30 VIRTUAL V-POWER	8:30	
9:15	VIRTUAL CYCLING	9:15 VIRTUAL CYCLING	9:15 VIRTUAL CYCLING	9:15 VIRTUAL CYCLING	9:15 VIRTUAL CYCLING	9:15 VIRTUAL CYCLING	
9:30	PILATES	9:30 FIT MOVES	9:30 PILATES	9:30 V-MIND	9:30 PILATES	9:30 VIRTUAL CYCLING	
10:15	CYCLING	10:15 VIRTUAL CYCLING	10:15 VIRTUAL CYCLING	10:15 CYCLING	10:15 VIRTUAL CYCLING	10:15 VIRTUAL CYCLING	10:15 VIRTUAL V-POWER
11:15		10:30 GAP	10:30 DANCE	10:30	10:30 V-POWER	10:30	10:30 VIRTUAL CYCLING
11:15	VIRTUAL CYCLING	11:15 CYCLING	11:15 VIRTUAL CYCLING	11:15 VIRTUAL CYCLING	11:15 VIRTUAL CYCLING	11:15 POWER CYCLING	11:15 VIRTUAL V-POWER
11:30	V-POWER	11:30 VIRTUAL V-POWER	11:30 V-POWER	11:15 GAP	11:30 VIRTUAL V-POWER	11:30 VIRTUAL V-POWER	11:30 VIRTUAL CYCLING
12:15	VIRTUAL CYCLING	12:15 POWER CYCLING	12:15 VIRTUAL V-POWER				
12:30	VIRTUAL V-POWER	12:30 VIRTUAL CYCLING					
13:15	VIRTUAL CYCLING	13:30 VIRTUAL CYCLING	13:15 VIRTUAL CYCLING	13:30 VIRTUAL CYCLING	13:30 VIRTUAL CYCLING	13:15 VIRTUAL CYCLING	13:15 VIRTUAL CYCLING
13:30	VIRTUAL V-POWER	13:30 VIRTUAL CYCLING					
14:30	VIRTUAL V-POWER	14:30 VIRTUAL CYCLING	14:30 VIRTUAL CYCLING	14:30 VIRTUAL CYCLING	14:30 VIRTUAL CYCLING	14:15 VIRTUAL CYCLING	14:30 VIRTUAL CYCLING
14:30	VIRTUAL CYCLING	14:30 VIRTUAL V-POWER	14:30 VIRTUAL CYCLING	14:30 VIRTUAL V-POWER	14:30 VIRTUAL V-POWER	14:30 VIRTUAL CYCLING	
15:30	VIRTUAL V-POWER	15:00	15:00	15:00	15:00	15:30 VIRTUAL CYCLING	15:30 VIRTUAL CYCLING
16:15	VIRTUAL CYCLING	15:30 VIRTUAL CYCLING	15:45 VIRTUAL CYCLING	16:00	16:00 VIRTUAL V-POWER	16:30 VIRTUAL CYCLING	16:15 VIRTUAL CYCLING
16:30	VIRTUAL V-POWER	15:30 VIRTUAL V-POWER	16:15 VIRTUAL V-POWER	16:15 VIRTUAL CYCLING	17:00 VIRTUAL MIND	17:00 VIRTUAL V-POWER	16:30 VIRTUAL V-POWER
17:15	CYCLING	16:30 VIRTUAL CYCLING	16:45 VIRTUAL V-POWER	16:45 VIRTUAL CYCLING	17:30 CYCLING	17:30 CYCLING	17:15 VIRTUAL V-POWER
17:30	PILATES	16:45 VIRTUAL V-POWER	17:00 CROSS WOD	17:30	17:30 HYBRID WOD	17:30 CROSS WOD	17:30 VIRTUAL CYCLING
17:30	CROSS WOD	17:30 CYCLING	17:45 VIRTUAL CYCLING	17:45 VIRTUAL V-POWER	17:45 VIRTUAL V-POWER	17:15 VIRTUAL CYCLING	
18:15	CYCLING	17:45 V-POWER	17:45 ABS	17:15 PILATES	18:00 ABS	18:15 ABS	18:15 VIRTUAL CYCLING
18:15	ABS	17:45 CROSS WOD	17:45 CYCLING	17:45 CYCLING	18:00 VIRTUAL FIGHT	18:15 VIRTUAL CYCLING	18:30 VIRTUAL V-POWER
18:30	V-POWER	18:30 CYCLING	17:45 ABS	17:45 CYCLING	18:30 CYCLING	19:00 VIRTUAL CYCLING	18:30 VIRTUAL V-POWER
19:00	HYBRID WOD	18:30 ABS	18:00	18:00 DANCE	18:30 CYCLING	19:15 V-POWER	19:00
19:15	CYCLING	18:45 V-MIND	18:30 HYBRID WOD	18:45 CYCLING	18:45 GAP	19:30 CYCLING	19:15 V-POWER
19:30	V-FIGHT	19:15 HYBRID WOD	18:45 CYCLING	19:30 ABS	19:30 CYCLING	20:00 CYCLING	19:30 V-POWER
19:30	STRETCHING	19:30 CYCLING	19:00	19:45 ABS	19:45 ABS	20:00	20:00
20:00	CROSS WOD	19:45 DANCE	19:30 V-POWER	20:00	20:00 CROSS WOD	20:15 VIRTUAL V-POWER	20:15
20:15	CYCLING	19:45 STRETCHING	19:45 CYCLING	20:45 ABS	20:45 ABS	21:00 VIRTUAL CYCLING	20:30
20:30	GAP	20:15 CROSS WOD	20:00 CYCLING	20:30 VIRTUAL V-POWER	21:15 VIRTUAL V-POWER	21:15	21:15
20:45	ABS	20:30 CYCLING	20:30 GAP	20:30 VIRTUAL CYCLING	21:30	21:30	21:30
21:15	VIRTUAL CYCLING	20:45 V-POWER	20:45 ABS	21:00 VIRTUAL CYCLING	21:15	19:15	19:15
21:30	VIRTUAL V-POWER	21:00 ABS	20:45 VIRTUAL CYCLING	21:30	21:15	21:15	21:15
21:30		21:30 VIRTUAL V-POWER					



I ❤️ MI CULO

QUERERSE MÁS EMPIEZA AQUÍ

Reserva tu clase en la App VivaGym



I ❤️
MI CULO



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	TONIFICACION VIRTUAL	