

# HORARIO DE ACTIVIDADES

#VIVAGYMVIAAUGUSTA

VIVA  
GYM

INICIO: 15 DE FEBRERO

| EST | INICIO / FIN  | LUNES           | MARTES          | MIÉRCOLES       | JUEVES          | VIERNES         | SÁBADO          | DOMINGO         |
|-----|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| E1  | 07,15 / 07,45 |                 | BODY PUMP       |                 | BODY PUMP       |                 |                 |                 |
| E3  | 07,15 / 08,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| E3  | 08,00 / 08,45 |                 | CYCLING LIFE    |                 | CYCLING LIFE    |                 |                 |                 |
| E1  | 08,15 / 08,45 | BODY PUMP       |                 | BODY COMBAT     |                 | BODY PUMP       |                 |                 |
| E3  | 08,15 / 09,00 | CYCLING VIRTUAL |                 | CYCLING VIRTUAL |                 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E3  | 09,15 / 10,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1  | 10,15 / 10,45 | BODY PUMP       | BODY COMBAT     |                 | GAP             |                 | BODY PUMP       |                 |
| E1  | 10,15 / 11,00 |                 |                 |                 |                 |                 |                 |                 |
| E3  | 10,15 / 11,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 | CYCLING VIRTUAL |
| E3  | 11,00 / 11,45 |                 |                 |                 |                 |                 | CYCLING LIFE    |                 |
| E1  | 11,15 / 11,45 | V-YOGA          | PILATES         | BODY PUMP       | ZUMBA           | TBC             |                 |                 |
| E3  | 11,15 / 12,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 | CYCLING VIRTUAL |
| E1  | 11,45 / 12,15 |                 |                 |                 |                 |                 | BODY COMBAT     |                 |
| E3  | 12,15 / 13,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E3  | 13,15 / 14,00 |                 | CYCLING VIRTUAL |                 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2  | 13,45 / 14,30 | V-YOGA          |                 |                 |                 |                 |                 |                 |
| E1  | 14,00 / 14,30 |                 |                 |                 | ZUMBA           |                 |                 |                 |
| E3  | 14,00 / 14,45 | CYCLING LIFE    |                 | CYCLING LIFE    |                 |                 |                 |                 |
| E1  | 14,15 / 14,45 | BODY PUMP       | ZUMBA           | BODY PUMP       |                 | BODY PUMP       |                 |                 |
| E2  | 14,15 / 15,00 |                 |                 |                 | V-YOGA          |                 |                 |                 |
| E3  | 14,15 / 15,00 |                 | CYCLING VIRTUAL |                 | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| E2  | 14,30 / 15,15 |                 | V-YOGA          |                 |                 |                 |                 |                 |
| E1  | 14,45 / 15,15 |                 |                 | ZUMBA           | BODY PUMP       |                 |                 |                 |
| E1  | 15,00 / 15,30 | BODY ATTACK     | BODY PUMP       | BODY COMBAT     |                 | BODY COMBAT     |                 |                 |
| E3  | 15,15 / 16,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| E3  | 16,15 / 17,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| E3  | 17,15 / 18,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1  | 17,30 / 18,00 | GAP             |                 | BODY PUMP       |                 | PILATES         |                 |                 |
| E2  | 18,00 / 18,30 |                 | PILATES         |                 |                 |                 |                 |                 |
| E2  | 18,00 / 18,45 |                 |                 | V-YOGA          |                 |                 |                 |                 |
| E1  | 18,15 / 18,45 | BODY PUMP       | BODY PUMP       | ZUMBA           | TBC             | BODY ATTACK     |                 |                 |
| E3  | 18,15 / 19,00 | CYCLING LIFE    | CYCLING LIFE    | CYCLING LIFE    | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E3  | 18,15 / 19,00 |                 |                 |                 |                 |                 |                 |                 |
| E1  | 19,00 / 19,30 | BODY COMBAT     | ZUMBA           | BODY COMBAT     | BODY PUMP       | BODY PUMP       |                 |                 |
| E2  | 19,00 / 19,45 |                 | V-YOGA          |                 | V-YOGA          |                 |                 |                 |
| E2  | 19,15 / 20,00 | V-YOGA          |                 |                 |                 |                 |                 |                 |
| E3  | 19,15 / 20,00 | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1  | 19,45 / 20,15 | TBC             | BODY PUMP       | GAP             | ZUMBA           | BODY COMBAT     |                 |                 |
| E2  | 20,15 / 20,45 |                 | BODY ATTACK     |                 |                 |                 |                 |                 |
| E3  | 20,15 / 21,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| E1  | 20,30 / 21,00 | ZUMBA           | STEP            | BODY PUMP       | BODY COMBAT     |                 |                 |                 |

¡Descárgate la nueva App!

Disponible para IOS y Android  
Búscala como VivaGym Online



## NORMATIVA GENERAL DE SEGURIDAD



MANTÉN LA DISTANCIA DE SEGURIDAD CON EL RESTO DE USUARIOS.



USA LOS KITS DE DESINFECCIÓN DURANTE TU ENTRENAMIENTO.



USO OBLIGATORIO DE MASCARILLA.



ES OBLIGATORIO EL USO DE DOS TOALLAS. UNA PARA EL MATERIAL Y OTRA PARA TI.



ESPACIO SEGURO



LES MILLS BODYPUMP

yoga

LES MILLS BODYATTACK

LES MILLS BODYCOMBAT

- VIVAGYM TIENE TODOS LOS DERECHOS RESERVADOS, Y SE RESERVA
- CUALQUIER MODIFICACIÓN DEL HORARIO POR MOTIVOS EXTERNOS.
- ES OBLIGATORIO TENER DOS TOALLAS PARA ACCEDER A LAS AADD
- NO SE PODRÁ ACCEDER A LA SALA UNA VEZ EMPEZADA LA SESIÓN.

|                 |               |
|-----------------|---------------|
| CYCLING LIFE    | TONIFICACIÓN  |
| CYCLING VIRTUAL | CARDIO        |
| COREOGRAFIADAS  | CUERPO-MENTE  |
| FUNCIONAL       | CLASES XPRESS |

#VIVAGYMVIAAUGUSTA

RESERVA TU PLAZA DESDE EL ÁREA DE CLIENTE-WEB EN WWW.VIVAGYM.ES O TU APP MÓVIL