

HORARIO DE ACTIVIDADES

#VIVAGYMMERIDIANA



HORARIO A PARTIR DEL 1 DE MAYO

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

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Búscala como VivaGym Online



NORMATIVA GENERAL DE SEGURIDAD



MANTÉN LA DISTANCIA DE SEGURIDAD CON EL RESTO DE USUARIOS.



USÁ 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



PROGRAMA ENTRENAMIENTO INTERIOR INICIO



- 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.



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