

HORARIO DE ACTIVIDADES

#VIVAGYMSEVILLA



INICIO: 3 DE MAYO

| EST | INICIO / FIN | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| E2 | 07,15 / 08,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 07,30 / 08,00 | VIVAWOD | BODY PUMP | BODY COMBAT | BODY PUMP | | | |
| TOS | 08,10 / 08,25 | | ABS XPRESS | | ABS XPRESS | | | |
| E2 | 08,15 / 08,45 | CYCLING LIFE | | CYCLING LIFE | | | | |
| E2 | 08,15 / 09,00 | | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 08,30 / 09,00 | BODY PUMP | BODY COMBAT | GAP | BODY COMBAT | BODY PUMP | | |
| E2 | 09,15 / 10,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 09,30 / 10,00 | PILATES | BODY PUMP | PILATES | ZUMBA | BODY COMBAT | VIVAWOD | |
| E2 | 10,00 / 10,45 | | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 10,15 / 10,45 | CYCLING LIFE | | CYCLING LIFE | | | | |
| E1 | 10,30 / 11,00 | BODY COMBAT | | V-STYLE | BODY PUMP | BODY BALANCE | BODY PUMP | |
| E1 | 10,30 / 11,15 | | V-YOGA | | | | | |
| E2 | 11,00 / 11,45 | CYCLING VIRTUAL | | CYCLING VIRTUAL | | | | CYCLING VIRTUAL |
| E2 | 11,15 / 11,45 | | CYCLING LIFE | | CYCLING LIFE | CYCLING LIFE | | |
| E2 | 11,15 / 12,00 | | | | | | CYCLING LIFE | |
| E1 | 11,30 / 12,00 | V-STYLE | BODY COMBAT | BODY PUMP | | | | |
| E2 | 12,30 / 13,15 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 14,00 / 14,45 | | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 14,15 / 14,45 | | VIVAWOD | BODY COMBAT | BODY PUMP | | | |
| E2 | 14,15 / 14,45 | CYCLING LIFE | | | | | | |
| E1 | 15,00 / 15,30 | BODY PUMP | BODY COMBAT | BODY PUMP | BODY BALANCE | | | |
| E2 | 15,30 / 16,15 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 17,15 / 17,45 | ZUMBA | PILATES | BODY COMBAT | | ZUMBA | | |
| E1 | 17,15 / 18,00 | | | | V-YOGA | | | |
| TOS | 17,50 / 18:05 | GLÚTEO XPRESS | ABS XPRESS | WOD EXPRESS | ABS XPRESS | | | |
| E2 | 18,00 / 18,30 | | CYCLING LIFE | | CYCLING LIFE | | | |
| E2 | 18,00 / 18,45 | | | | | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 18,15 / 18,45 | VIVAWOD | BODY PUMP | ZUMBA | BODY COMBAT | BODY BALANCE | | |
| E2 | 19,00 / 19,30 | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | | | |
| E2 | 19,00 / 19,45 | | | | | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 19,15 / 19,45 | BODY COMBAT | VIVAWOD | BODY PUMP | PILATES | BODY PUMP | | |
| OUT | 19,15 / 19,45 | VIVARUN | | | | | | |
| TOS | 19,50 / 20,05 | ABS XPRESS | GLÚTEO XPRESS | ABS XPRESS | ABS XPRESS | | | |
| E2 | 20,00 / 20,30 | CYCLING LIFE | | CYCLING LIFE | | | | |
| E2 | 20,00 / 20,45 | | CYCLING LIFE | | CYCLING LIFE | CYCLING LIFE | | |
| E1 | 20,15 / 20,45 | BODY PUMP | BODY COMBAT | BODY BALANCE | V-STYLE | | | |
| OUT | 20,45 / 21,15 | | | VIVARUN | | | | |
| E2 | 21,00 / 21,30 | CYCLING LIFE | | CYCLING LIFE | | | | |
| E2 | 21,00 / 21,45 | | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 21,15 / 21,45 | BODY BALANCE | GAP | VIVAWOD | BODY PUMP | | | |

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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.
- PROGRAMA ENTRENAMIENTO INTELIGENTE INNOVACIÓN



- 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 EMPEZZADA LA SESIÓN.

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

#VIVAGYMSEVILLA

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