


HORARIO DE ACTIVIDADES

#VIVAGYMLASTABLAUSSUR

VIVA
GYM

INICIO 30 DE AGOSTO




| EST | INICIO / FIN | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| E2 | 06,15 / 07,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 07,00 / 07,30 | | BODY COMBAT | GAP | BODY ATTACK | | | |
| E1 | 07,00 / 07,45 | BODY PUMP | | | | | | |
| E2 | 07,15 / 07,45 | | HIT CYCLING | | | | | |
| E2 | 07,15 / 08,00 | CYCLING LIFE | | CYCLING LIFE | CYCLING VIRTUAL | CYCLING LIFE | | |
| E2 | 08,15 / 09,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2 | 08,30 / 09,15 | | | | | | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 09,30 / 10,00 | BODY ATTACK | | | | VIVA WOD | | |
| E1 | 09,30 / 10,15 | | BODY PUMP | ZUMBA | BODY COMBAT | | | |
| E2 | 09,45 / 10,15 | HIT CYCLING | CYCLING VIRTUAL | HIT CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 10,30 / 11,00 | | PILATES | GAP | | | | |
| E1 | 10,30 / 11,15 | ZUMBA | | | BODY PUMP | VIVA YOGA | | |
| E1 | 11,15 / 12,00 | | | | | | BODY PUMP | |
| E2 | 11,15 / 12,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 12,15 / 13,00 | | | | | | BODY COMBAT | |
| E2 | 12,15 / 13,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 13,15 / 13,45 | | | | | | HIT CYCLING | |
| E2 | 13,15 / 14,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL |
| TOS | 13,45 / 14,00 | | | | ABDOMINALES | | | |
| TOS | 13,45 / 14,15 | VIVA WOD | GAP | VIVA WOD | | | | |
| E1 | 13,45 / 14,15 | BODY PUMP | ZUMBA | BODY ATTACK | GAP | BODY COMBAT | | |
| E2 | 14,30 / 15,00 | HIT CYCLING | HIT CYCLING | HIT CYCLING | HIT CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 14,35 / 15,20 | BODY ATTACK | GAP | BODY PUMP | BODY COMBAT | BODY PUMP | | |
| E2 | 15,30 / 16,15 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 16,30 / 17,15 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 17,15 / 17,45 | BODY ATTACK | GAP | ZUMBA | BODY COMBAT | | | |
| E1 | 18,00 / 18,45 | ZUMBA | VIVA YOGA | BODY COMBAT | BODY PUMP | ZUMBA | | |
| E2 | 18,15 / 19,00 | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING VIRTUAL | CYCLING VIRTUAL |
| TOS | 18,30 / 18,45 | | ABDOMINALES | | ABDOMINALES | | | |
| TOS | 18,30 / 19,00 | VIVA WOD | | GAP | | | | |
| E1 | 19,00 / 19,45 | PILATES | BODY COMBAT | BODY PUMP | GAP | BODY COMBAT | | |
| E2 | 19,15 / 20,00 | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING VIRTUAL | CYCLING VIRTUAL |
| TOS | 19,30 / 19,45 | | | ABDOMINALES | ABDOMINALES | | | |
| TOS | 19,30 / 20,00 | GAP | VIVA WOD | | | | | |
| E1 | 20,00 / 20,45 | BODY PUMP | ZUMBA | VIVA YOGA | BODY ATTACK | BODY PUMP | | |
| E2 | 20,15 / 21,00 | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING VIRTUAL | | |
| TOS | 20,15 / 20,30 | | | ABDOMINALES | ABDOMINALES | | | |
| TOS | 20,30 / 21,00 | VIVA WOD | GAP | | | | | |
| E1 | 21,00 / 21,45 | BODY COMBAT | BODY PUMP | GAP | ZUMBA | | | |
| E2 | 21,15 / 22,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2 | 22,15 / 22,55 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |




HIT CYCLING
VIVAGYM

**NOSOTROS TE DAMOS 30'
TÚ DAS EL 100%**

NEW

-  **Quema más calorías por sesión.**
-  **Optimiza tu tiempo de entrenamiento.**
-  **Trabaja por picos de intensidad.**



LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

CYCLING LIFE

TONIFICACIÓN

CYCLING VIRTUAL

CARDIO

COREOGRAFIADAS

CUERPO-MENTE

FUNCIONAL

ABDOMINALES

LES MILLS
BODYATTACK

HIT CYCLING
VIVAGYM

VIVA WOD
VIVAGYM

VIVA YOGA
VIVAGYM

- > 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.

DESCARGA EL HORARIO
ESCANEAANDO EL CÓDIGO QR



#VIVAGYMLASTABLAUSSUR

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