

HORARIO DE ACTIVIDADES

#VIVAGYMPLATERO



HORARIO A PARTIR DEL 30 DE AGOSTO

| EST | INICIO / FIN | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-----|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| E2 | 06:05 / 06:50 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2 | 07:00 / 07:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2 | 08:00 / 08:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 08:00 / 08:30 | BODY PUMP | BODY COMBAT | PILATES | GAP | | | |
| E2 | 09:00 / 09:45 | | | | | | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 09:15 / 09:45 | BODY COMBAT | BODY BALANCE | BODY PUMP | ZUMBA | PILATES | | |
| E2 | 09:30 / 10:00 | CYCLING VIRTUAL | HIT CYCLING | CYCLING VIRTUAL | HIT CYCLING | CYCLING VIRTUAL | | |
| E1 | 10:00 / 10:45 | | | | | | BODY PUMP | |
| E2 | 10:00 / 10:45 | | | | | | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 10:15 / 11:00 | VIVA YOGA | ZUMBA | BODY BALANCE | BODY PUMP | GAP | | |
| E2 | 10:30 / 11:00 | HIT CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | | |
| E2 | 11:00 / 11:30 | | | | | HIT CYCLING | | |
| E2 | 11:00 / 11:45 | | | | | | CYCLING LIFE | CYCLING VIRTUAL |
| E1 | 11:30 / 12:00 | PILATES | | ZUMBA | | | | |
| TOS | 11:30 / 12:00 | | VIVA WOD | | | | | |
| E1 | 11:30 / 12:15 | | | | VIVA YOGA | | | |
| E2 | 12:00 / 12:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 13:00 / 13:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 13:15 / 13:45 | | | | | BODY PUMP | | |
| E2 | 14:00 / 14:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 14:30 / 15:00 | BODY COMBAT | BODY PUMP | PILATES | BODY PUMP | | | |
| E2 | 15:00 / 15:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 15:45 / 16:15 | GAP | BODY BALANCE | BODY PUMP | BODY BALANCE | | | |
| TOS | 15:45 / 16:15 | | | | | VIVA WOD | | |
| E1 | 16:30 / 17:00 | | | | GAP | | | |
| E2 | 16:00 / 16:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2 | 17:05 / 17:50 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 17:15 / 17:45 | BODY PUMP | BODY COMBAT | | PILATES | | | |
| E1 | 17:15 / 18:00 | | | VIVA YOGA | | | | |
| E2 | 18:00 / 18:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 18:15 / 18:45 | PILATES | ZUMBA | VIVA DANCE | ZUMBA | BODY PUMP | | |
| E2 | 19:00 / 19:45 | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 19:15 / 20:00 | ZUMBA | BODY PUMP | BODY BALANCE | BODY COMBAT | PILATES | | |
| E2 | 20:00 / 20:45 | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING VIRTUAL | | |
| E1 | 20:15 / 21:00 | BODY PUMP | PILATES | BODY COMBAT | ZUMBA | | | |
| E1 | 20:15 / 21:00 | | | | | VIVA YOGA | | |
| TOS | 20:15 / 20:45 | VIVAWOD | | VIVAWOD | | | | |
| E2 | 21:00 / 21:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 21:15 / 21:45 | GAP | BODY PUMP | PILATES | BODY PUMP | | | |
| E2 | 22:00 / 22:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |

VIVA DANCE
VIVAGYM

- Más intensa y dinámica. Quema más calorías por sesión.
- Gran variedad de estilos de bailes urbanos y contemporáneos. ¡No te aburrirás!
- Lo pasarás genial. ¡Ni te enterarás de que estás entrenando!

HIT CYCLING
VIVAGYM

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

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

DESCARGA EL HORARIO ESCANEANDO EL CÓDIGO QR



- 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.

#VIVAGYMPLATERO

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