

HORARIO DE ACTIVIDADES

#VIVAGYMAVROMA

VIVA
GYM

INICIO: 10 DE ENERO

| 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 | 07,15 / 07,45 | BODY PUMP | | | | | | |
| E2 | 07,15 / 07,45 | CYCLING VIRTUAL | CYCLING VIRTUAL | HIT CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2 | 08,00 / 08,45 | CYCLING LIFE | | | | | | |
| E1 | 08,00 / 08,45 | | | TBC | | | | |
| E2 | 08,15 / 08,45 | | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 08,15 / 09,00 | | BODY PUMP | | GAP | | | |
| E2 | 09,15 / 10,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 09,30 / 10,15 | BODY PUMP | ZUMBA | BODY COMBAT | BODY PUMP | VIVA YOGA | | |
| E2 | 10,15 / 11,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 10,30 / 11,15 | BODY COMBAT | STRETCHING | BODY PUMP | PILATES | ZUMBA | BODY PUMP | |
| E1 | 11,30 / 12,00 | PILATES | BODY PUMP | GAP | | | | |
| E2 | 11,30 / 12,15 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING LIFE | CYCLING VIRTUAL |
| E1 | 12,30 / 13,15 | | | | | | BODY COMBAT | |
| E2 | 13,15 / 14,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 14,15 / 14,45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 14,00 / 14,45 | PILATES | BODY PUMP | BODY COMBAT | BODY PUMP | PILATES | | |
| E1 | 15,00 / 15,30 | BODY PUMP | BODY COMBAT | GAP | PILATES | BODY PUMP | | |
| E2 | 15,15 / 16,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 16,15 / 17,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 17,00 / 17,45 | BODY PUMP | BODY COMBAT | GAP | ZUMBA | BODY PUMP | | |
| E2 | 17,15 / 18,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 18,00 / 18,45 | ZUMBA | BODY PUMP | BODY COMBAT | PILATES | VIVA YOGA | | |
| E2 | 18,15 / 19,00 | CYCLING LIFE | | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | CYCLING VIRTUAL | CYCLING VIRTUAL |
| TOS | 19,00 / 19,15 | GLÚTEOS XPRESS | | | | | | |
| E1 | 19,00 / 19,45 | BODY COMBAT | VIVA YOGA | GAP | BODY PUMP | ZUMBA | | |
| TOS | 19,15 / 19,30 | | | ABS XPRESS | | | | |
| E2 | 19,15 / 20,00 | CYCLING LIFE | CYCLING LIFE | CYCLING LIFE | | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 19,15 / 19,45 | | | | POWER CYCLING | | | |
| TOS | 19,30 / 20,00 | GAP | VIVAWOD | TBC | VIVAWOD | | | |
| TOS | 20,00 / 20,15 | ABS XPRESS | | | | | | |
| E1 | 20,00 / 20,45 | BODY PUMP | ZUMBA | VIVA YOGA | GAP | BODY COMBAT | | |
| TOS | 20,15 / 20,30 | | | GLÚTEOS XPRESS | | | | |
| E2 | 20,15 / 20,45 | HIT CYCLING | POWER CYCLING | HIT CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 21,00 / 21,30 | PILATES | BODY PUMP | ZUMBA | BODY COMBAT | | | |

VIVAGYM PLATINO MEJORA TU CUOTA

34'90 €/MES

¡SIN PERMANENCIA!

- ENTRENA CON UN/A AMIGO/A DE VIERNES A DOMINGO
- PARKING GRATIS
- RESERVA CON 48h DE ANTELACION
- ACCESO MULTICENTRO + PASAPORTE IBÉRICO*
- ACCESO AL 100% DEL CONTENIDO ONLINE
- ACTIVIDADES EXCLUSIVAS
- SERVICIO DE NUTRICIÓN PROXIMAMENTE



*Reservado para socios de centros VIVA GYM España y Fitness Plus (por legal, gratis al "Pasaporte Iberico")



- CYCLING LIFE
 - CYCLING VIRTUAL
 - COREOGRAFIADAS
 - FUNCIONAL
 - TONIFICACIÓN
 - CARDIO
 - CUERPO-MENTE
 - CLASES XPRESS
- 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 ESCANEANDO EL CÓDIGO QR



#VIVAGYMAVROMA

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