

HORARIO DE ACTIVIDADES

VIVAGYM EMBAJADORES



INICIO: 10 DE ENERO DE 2022

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

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 ANTELACIÓN

ACCESO MULTICENTRO + PASAPORTE IBÉRICO*

ACCESO AL 100% DEL CONTENIDO ONLINE

ACTIVIDADES EXCLUSIVAS

SERVICIO DE NUTRICIÓN PRÓXIMAMENTE

*Acceso permitido a todos los centros VivaGym (España) y Fitness Hut (Portugal), gracias al "Pasaporte Ibérico".



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

#VIVAGYMEMBAJADORES

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