

# HORARIO DE ACTIVIDADES

#VIVAGYMGODELLA



INICIO: 10 ENERO 2022

| 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 / 07:45 |                 | BODY PUMP       |                 | VIVA WOD        |                 |                 |                 |
| E2  | 07:15 / 08:00 | CYCLING VIRTUAL |                 | CYCLING VIRTUAL |                 | CYCLING VIRTUAL |                 |                 |
| E2  | 08:00 / 08:45 |                 | CYCLING LIFE    |                 | CYCLING LIFE    |                 |                 |                 |
| E1  | 09:30 / 10:15 | ZUMBA           | BODY COMBAT     | BODY PUMP       | VIVA DANCE      | V-YOGA          |                 |                 |
| E2  | 09:30 / 10:15 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1  | 10:00 / 11:00 |                 |                 |                 |                 |                 | V-YOGA          |                 |
| E2  | 10:30 / 11:15 | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1  | 10:30 / 11:15 |                 | BODY BALANCE    | TBC             | BODY COMBAT     | BODY PUMP       |                 |                 |
| E1  | 11:00 / 12:00 |                 |                 |                 |                 |                 | BODY PUMP       |                 |
| E1  | 11:30 / 12:15 | GAP             |                 | PILATES         |                 |                 |                 |                 |
| E2  | 12:00 / 13:00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING LIFE    | CYCLING VIRTUAL |
| E1  | 12:30 / 13:15 | PILATES         |                 |                 |                 |                 |                 |                 |
| E2  | 12:30 / 13:15 |                 |                 |                 |                 |                 |                 |                 |
| E2  | 13:15 / 14:00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| E1  | 14:30 / 15:15 | BODY COMBAT     | BODY PUMP       | ZUMBA           | BODY BALANCE    | BODY PUMP       |                 |                 |
| E2  | 14:30 / 15:15 | CYCLING LIFE    | CYCLING LIFE    | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| E1  | 15:30 / 16:15 |                 | ZUMBA           |                 | BODY PUMP       |                 |                 |                 |
| E2  | 15:30 / 16:15 | CYCLING LIFE    |                 | CYCLING LIFE    |                 |                 |                 |                 |
| E2  | 16:00 / 16:45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |
| E1  | 16:30 / 17:00 | TBC             |                 | GAP             |                 |                 |                 |                 |
| E1  | 16:30 / 17:15 |                 |                 |                 |                 | ZUMBA           |                 |                 |
| E1  | 17:00 / 17:30 | HIPOPRESIVOS    | HIPOPRESIVOS    |                 |                 |                 |                 |                 |
| E2  | 17:30 / 18:00 |                 | BODY COMBAT     |                 |                 | HIPOPRESIVOS    |                 |                 |
| E2  | 17:30 / 18:15 | GAP             |                 | BODY PUMP       | V-YOGA          |                 |                 |                 |
| E2  | 18:00 / 18:45 | CYCLING LIFE    | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1  | 18:15 / 18:45 |                 |                 |                 |                 |                 |                 |                 |
| E1  | 18:30 / 19:15 | PILATES         | BODY PUMP       | BODY BALANCE    | BODY PUMP       | GAP             |                 |                 |
| E2  | 19:00 / 19:45 | CYCLING LIFE    | CYCLING LIFE    | CYCLING LIFE    | CYCLING LIFE    | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2  | 19:00 / 19:30 |                 |                 |                 |                 |                 |                 |                 |
| E1  | 19:30 / 20:15 | BODY PUMP       | GAP             | BODY COMBAT     | BODY BALANCE    | BODY PUMP       |                 |                 |
| E1  | 19:30 / 20:00 |                 |                 |                 |                 |                 |                 |                 |
| E2  | 20:00 / 20:45 | CYCLING LIFE    | CYCLING LIFE    | CYCLING LIFE    | CYCLING VIRTUAL |                 |                 |                 |
| E2  | 20:30 / 21:00 |                 |                 |                 |                 | HIT CYCLING     |                 |                 |
| E1  | 20:30 / 21:15 | BODY COMBAT     | TBC             | BODY PUMP       | BODY COMBAT     |                 |                 |                 |
| E2  | 21:15 / 22:00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |                 |



- > 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.

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

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