

# HORARIO DE ACTIVIDADES

#VIVAGYMPLATERO



HORARIO A PARTIR DEL 26 DE ABRIL

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	GAP	PILATES				
TOS	08:00 / 08:30				HYROX WOD			
E2	09:00 / 09:45						CYCLING VIRTUAL	CYCLING VIRTUAL
E1	09:15 / 10:00	BODY COMBAT	BODY BALANCE	BODY PUMP	ZUMBA	PILATES		
E2	09:15 / 10:00	CYCLING VIRTUAL	CYCLING LIFE	CYCLING VIRTUAL	CYCLING LIFE	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 / 11:15	CYCLING LIFE	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
E2	11:15 / 11:45					HIT CYCLING		
E2	11:00 / 11:45						CYCLING LIFE	CYCLING VIRTUAL
E1	11:30 / 12:15	PILATES		GAP	VIVA YOGA			
TOS	11:30 / 12:00		HYROX WOD					
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
E2	14:00 / 14:45	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	14:30 / 15:15	GAP	BODY PUMP	PILATES	BODY PUMP	GAP		
E2	15:00 / 15:45	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	15:45 / 16:30	BODY BALANCE	GAP	BODY PUMP				
TOS	15:45 / 16:15					POWER 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 / 18:00	BODY COMBAT	BODY PUMP	VIVA YOGA	PILATES			
E2	18:00 / 18:45			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
E2	18:15 / 18:45	HIT CYCLING	HIT CYCLING					
E1	18:15 / 19:00	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	VIVA YOGA		
TOS	20:15 / 20:45	POWER WOD		POWER WOD				
E2	21:00 / 21:45	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	21:15 / 21:45	GAP	BODY COMBAT	PILATES	BODY PUMP			
E2	22:00 / 22:45	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		

**VIVAGYM Platino**

ENTRENA CON UN AMIGO/A

¡DE VIERNES A DOMINGO!

ENCUENTRA TU EQUILIBRIO CON VIVAYOGA

VIVA YOGA

CYCLING LIFE	TONIFICACIÓN
CYCLING VIRTUAL	CARDIO
COREOGRAFIADAS	CUERPO-MENTE
FUNCIONAL	

DESCARGA EL HORARIO ESCANEANDO EL CÓDIGO QR

**#VIVAGYMPLATERO**

RESERVA TU PLAZA DESDE EL ÁREA DE CLIENTE-WEB EN [WWW.VIVAGYM.ES](http://WWW.VIVAGYM.ES) O TU APP MÓVIL