

HORARIO DE ACTIVIDADES

#VIVAGYMMERIDIANA



HORARIO A PARTIR DEL 4 DE JULIO

| EST | INICIO / FIN | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| E2 | 07,00 / 08,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2 | 08,00 / 09,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2 | 09,00 / 10,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1/E2 | 09,30 / 10,15 | BODY PUMP | CYCLING LIFE | BODY PUMP | CYCLING LIFE | GAP | | |
| E2 | 10,00 / 11,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 10,30 / 11,15 | PILATES | VIVA DANCE | PILATES | ZUMBA | VIVA DANCE | | |
| E2 | 11,00 / 12,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 12,00 / 13,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 13,00 / 14,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 14,00 / 15,00 | 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 | 15,00 / 15,45 | BODY COMBAT | | GAP | | | | |
| E2 | 15,00 / 16,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 16,00 / 16,45 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 17,00 / 17,45 | GAP | BODY PUMP | VIVA DANCE | TBC | | | |
| E2 | 17,00 / 18,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E1 | 18,00 / 18,45 | ZUMBA | TBC | BODY PUMP | GAP | BODY PUMP | | |
| E2 | 18,00 / 19,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| TOS | 18,30 / 19,00 | | | | POWERWOD | | | |
| TOS | 19,00 / 19,30 | | HYROXWOD | | | | | |
| E1 | 19,00 / 19,45 | BODY PUMP | ZUMBA | PILATES | BODY COMBAT | BODY COMBAT | | |
| E2 | 19,00 / 19,45 | CYCLING LIFE | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| E2 | 20,00 / 20,45 | CYCLING VIRTUAL | CYCLING VIRTUAL | POWER CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E1 | 20,00 / 20,45 | | BODY COMBAT | | BODY PUMP | | | |
| E2 | 21,00 / 22,00 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |

Cuida tu alimentación este verano con nuestro servicio de Nutrición



Disponible con tu Cuota Platino

- Plan semanal personalizado.
- Recetas con toda la info. que necesitas. Ingredientes, calorías, macronutrientes...
- ¿Tienes alguna intolerancia? ¡Te lo adaptamos!
- ¿Una receta te ha encantado? ¡Márcala como favorito!



- 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



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