HORARIO
de actividades dirigidas

Centro — Horario Completo

YO10 sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	LM CORE VIRT. 06:45 - 07:15 - Studio 2	B.COMBAT VIRT.30 06:45 - 07:15 - Studio 1	RPM VIRTUAL 30 06:45 - 07:15 - Cycling	B.BALANCE VIRT.30 06:45 - 07:15 - Studio 2	LM CORE VIRT. 06:45 - 07:15 - Studio 2		
07:00	B.PUMP VIRTUAL 07:00 - 07:55 - Studio 1 B.BALANCE VIRTUAL 07:15 - 08:10 - Studio 2 RPM VIRTUAL 07:30 - 08:15 - Cycling	RPM VIRTUAL 07:00 - 07:50 - Cycling B.PUMP VIRTUAL 07:30 - 08:25 - Studio 1	B.BALANCE VIRTUAL 07:00 - 07:55 - Studio 2 B.PUMP VIRTUAL 07:00 - 07:55 - Studio 1 RPM VIRTUAL 07:30 - 08:20 - Cycling	RPM VIRTUAL 07:00 - 07:50 - Cycling LM CORE VIRT. 07:15 - 07:45 - Studio 2 B.PUMP VIRTUAL 07:30 - 08:25 - Studio 1	LM CORE VIRT. 07:00 - 07:30 - Studio 1 RPM VIRTUAL 07:00 - 07:50 - Cycling B.BALANCE VIRTUAL 07:30 - 08:25 - Studio 2		
08:00	B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1 LM CORE VIRT. 08:30 - 09:00 - Studio 2 RPM VIRTUAL 08:30 - 09:15 - Cycling	LM CORE VIRT. 08:00 - 08:30 - Studio 2 RPM VIRTUAL 08:30 - 09:20 - Cycling	B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1 LM CORE VIRT. 08:30 - 09:00 - Studio 2 RPM VIRTUAL 08:30 - 09:20 - Cycling	LM CORE VIRT. 08:00 - 08:30 - Studio 2 LM CORE VIRT. 08:30 - 09:00 - Studio 1 RPM VIRTUAL 08:30 - 09:20 - Cycling	RPM VIRTUAL 08:00 - 08:50 - Cycling B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1		
09:00	B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1 RPM VIRTUAL 09:30 - 10:15 - Cycling	LM CORE VIRT. 09:00 - 09:30 - Studio 1	B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2 RPM VIRTUAL 09:30 - 10:20 - Cycling SH'BAM VIRTUAL 09:30 - 10:15 - Studio 1	B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2 RPM VIRTUAL 09:30 - 10:00 - Cycling	LM CORE VIRT. 09:00 - 09:30 - Studio 2 RPM VIRTUAL 09:00 - 09:50 - Cycling B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1	LM CORE VIRT. 09:30 - 10:00 - Studio 1 RPM VIRTUAL 09:30 - 10:20 - Cycling	B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1 RPM VIRTUAL 09:30 - 10:20 - Cycling LM CORE VIRT. 09:45 - 10:15 - Studio 2
10:00	B.BALANCE VIRTUAL 10:00 - 10:55 - Studio 2 LM CORE VIRT. 10:30 - 11:00 - Studio 1 RPM VIRTUAL 10:30 - 11:20 - Cycling	LM CORE VIRT. 10:00 - 10:30 - Studio 1 RPM VIRTUAL 10:00 - 10:50 - Cycling B.PUMP VIRTUAL 10:30 - 11:25 - Studio 1	RPM VIRTUAL 10:30 - 11:20 - Cycling	LM CORE VIRT. 10:00 - 10:30 - Studio 1 B.PUMP VIRTUAL 10:30 - 11:25 - Studio 1 RPM VIRTUAL 10:30 - 11:20 - Cycling	B.COMBAT VIRTUAL 10:00 - 10:55 - Studio 2 LM CORE VIRT. 10:30 - 11:00 - Studio 1 RPM VIRTUAL 10:30 - 11:20 - Cycling	SH'BAM VIRTUAL 10:00 - 10:45 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:25 - Studio 1 RPM VIRTUAL 10:30 - 11:20 - Cycling	B.BALANCE VIRTUAL 10:30 - 11:25 - Studio 2 B.COMBAT VIRTUAL 10:30 - 11:25 - Studio 1 RPM VIRTUAL 10:30 - 11:20 - Cycling
11:00	LM CORE VIRT. 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:00 - Cycling SH'BAM VIRTUAL 11:30 - 12:15 - Studio 2	RPM VIRTUAL 30 11:00 - 11:30 - Cycling	LM CORE VIRT. 11:00 - 11:30 - Studio 1 B.PUMP VIRTUAL 11:30 - 12:25 - Studio 1 RPM VIRTUAL 30 11:30 - 12:00 - Cycling		B.BALANCE VIRTUAL 11:30 - 12:25 - Studio 2 RPM VIRTUAL 30 11:30 - 12:00 - Cycling	B.BALANCE VIRTUAL 11:00 - 11:55 - Studio 2 B.COMBAT VIRTUAL 11:30 - 12:25 - Studio 1 RPM VIRTUAL 11:30 - 12:20 - Cycling	RPM VIRTUAL 30 11:30 - 12:00 - Cycling SH'BAM VIRTUAL 11:30 - 12:15 - Studio 2
12:00	B.BALANCE VIRTUAL 12:30 - 13:25 - Studio 2 RPM VIRTUAL 12:30 - 13:15 - Cycling	B.PUMP VIRTUAL 12:00 - 12:55 - Studio 1 RPM VIRTUAL 12:00 - 12:50 - Cycling	B.BALANCE VIRTUAL 12:30 - 13:25 - Studio 2 RPM VIRTUAL 12:30 - 13:20 - Cycling	RPM VIRTUAL 12:00 - 12:50 - Cycling SH'BAM VIRTUAL 12:00 - 12:45 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:55 - Studio 1 RPM VIRTUAL 12:30 - 13:20 - Cycling	B.COMBAT VIRTUAL 12:30 - 13:25 - Studio 2 LM CORE VIRT. 12:30 - 13:00 - Studio 1 RPM VIRTUAL 12:30 - 13:20 - Cycling	LM CORE VIRT. 12:00 - 12:30 - Studio 1 RPM VIRTUAL 12:30 - 13:20 - Cycling
13:00	LM CORE VIRT. 13:30 - 14:00 - Studio 1 RPM VIRTUAL 13:30 - 14:00 - Cycling	RPM VIRTUAL 30 13:00 - 13:30 - Cycling B.COMBAT VIRTUAL 13:30 - 14:25 - Studio 2 LM CORE VIRT. 13:30 - 14:00 - Studio 1	RPM VIRTUAL 30 13:30 - 14:00 - Cycling SH'BAM VIRTUAL 13:30 - 14:15 - Studio 1	B.PUMP VIRTUAL 13:00 - 13:55 - Studio 1 RPM VIRTUAL 13:00 - 13:30 - Cycling B.BALANCE VIRTUAL 13:30 - 14:25 - Studio 2	SH'BAM VIRTUAL 13:00 - 13:45 - Studio 2 LM CORE VIRT. 13:30 - 14:00 - Studio 1 RPM VIRTUAL 30 13:30 - 14:00 - Cycling	B.PUMP VIRTUAL 13:15 - 14:10 - Studio 1 LM CORE VIRT. 13:30 - 14:00 - Studio 2 RPM VIRTUAL 30 13:30 - 14:00 - Cycling	B.PUMP VIRTUAL 13:00 - 13:55 - Studio 1 LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.COMBAT VIRTUAL 13:30 - 14:25 - Studio 2 RPM VIRTUAL 13:30 - 14:20 - Cycling
14:00	SH'BAM VIRTUAL 14:00 - 14:45 - Studio 2 B.COMBAT VIRTUAL 14:30 - 15:25 - Studio 1 RPM VIRTUAL 14:30 - 15:00 - Cycling	RPM VIRTUAL 14:00 - 14:50 - Cycling B.PUMP VIRTUAL 30 14:30 - 15:00 - Studio 1	B.COMBAT VIRTUAL 14:00 - 14:55 - Studio 2 B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1 RPM VIRTUAL 14:30 - 15:20 - Cycling	RPM VIRTUAL 14:00 - 14:50 - Cycling LM CORE VIRT. 14:30 - 15:00 - Studio 1	B.BALANCE VIRTUAL 14:00 - 14:55 - Studio 2 B.PUMP VIRTUAL 30 14:30 - 15:00 - Studio 1 RPM VIRTUAL 14:30 - 15:20 - Cycling	RPM VIRTUAL 30 14:00 - 14:30 - Cycling	LM CORE VIRT. 14:00 - 14:30 - Studio 1

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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15:00	LM CORE VIRT. 15:00 - 15:30 - Studio 2 B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling	LM CORE VIRT. 15:00 - 15:30 - Studio 1 RPM VIRTUAL 15:00 - 15:50 - Cycling B.BALANCE VIRTUAL 15:30 - 16:20 - Studio 2	B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2 RPM VIRTUAL 15:30 - 16:20 - Cycling	B.COMBAT VIRTUAL 15:00 - 15:55 - Studio 2 RPM VIRTUAL 15:00 - 15:30 - Cycling CYCLING VIRTUAL 15:30 - 16:00 - Studio 1	LM CORE VIRT. 15:00 - 15:30 - Studio 1 RPM VIRTUAL 15:30 - 16:20 - Cycling		
16:00	B.PUMP VIRTUAL 16:00 - 16:55 - Studio 1 RPM VIRTUAL 16:30 - 17:15 - Cycling	B.COMBAT VIRTUAL 16:00 - 16:55 - Studio 1 RPM VIRTUAL 30 16:00 - 16:30 - Cycling SH'BAM VIRTUAL 16:30 - 17:15 - Studio 2	B.PUMP VIRTUAL 16:00 - 16:55 - Studio 1 RPM VIRTUAL 16:30 - 17:20 - Cycling	B.COMBAT VIRTUAL 16:00 - 16:55 - Studio 1 RPM VIRTUAL 16:00 - 16:30 - Cycling SH'BAM VIRTUAL 16:30 - 17:15 - Studio 2	LM CORE VIRT. 16:00 - 16:30 - Studio 2 B.COMBAT VIRTUAL 16:30 - 17:25 - Studio 1 RPM VIRTUAL 16:30 - 17:20 - Cycling		
17:00	LM CORE VIRT. 17:00 - 17:30 - Studio 2 RPM VIRTUAL 17:30 - 18:20 - Cycling SH'BAM VIRTUAL 17:30 - 18:15 - Studio 1	RPM VIRTUAL 17:00 - 17:50 - Cycling B.BALANCE 17:30 - 18:25 - Studio 2 B.PUMP VIRTUAL 17:30 - 18:25 - Studio 1	LM CORE VIRT. 17:00 - 17:30 - Studio 2 RPM VIRTUAL 17:30 - 18:20 - Cycling SH'BAM VIRTUAL 17:30 - 18:15 - Studio 1	RPM VIRTUAL 17:00 - 17:50 - Cycling LM CORE VIRT. 17:30 - 18:00 - Studio 1	B.BALANCE VIRTUAL 17:30 - 18:25 - Studio 2 RPM VIRTUAL 17:30 - 18:20 - Cycling		
18:00	KINESIS-CORE 18:00 - 18:30 - Fitness B.BALANCE VIRTUAL 18:30 - 19:25 - Studio 2 LES MILLS CORE 18:30 - 19:00 - Studio 1	RPM VIRTUAL 18:00 - 18:50 - Cycling LES MILLS CORE 18:30 - 19:00 - Studio 2	KINESIS-CORE 18:00 - 18:30 - Fitness B.BALANCE VIRTUAL 18:30 - 19:25 - Studio 2 B.PUMP 18:30 - 19:25 - Studio 1	RPM VIRTUAL 18:00 - 18:50 - Cycling GRIT 18:30 - 19:00 - Studio 1	B.PUMP 30 18:00 - 18:30 - Studio 1 LES MILLS CORE 18:30 - 19:00 - Studio 1 RPM VIRTUAL 18:30 - 19:20 - Cycling		
19:00	B.PUMP 19:00 - 19:55 - Studio 1 RPM VIRTUAL 19:00 - 19:50 - Cycling	B.COMBAT 19:00 - 19:55 - Studio 1 RPM VIRTUAL 19:30 - 20:20 - Cycling	RPM VIRTUAL 19:00 - 19:50 - Cycling LES MILLS CORE 19:30 - 20:00 - Studio 1	B.BALANCE 19:00 - 19:55 - Studio 2 B.COMBAT VIRTUAL 19:00 - 19:55 - Studio 1 RPM VIRTUAL 19:30 - 20:00 - Cycling	B.COMBAT 19:00 - 19:55 - Studio 1 SH'BAM VIRTUAL 19:00 - 19:45 - Studio 2 RPM VIRTUAL 19:30 - 20:20 - Cycling		
20:00	B.ATTACK 20:00 - 20:45 - Studio 1 B.BALANCE VIRTUAL 20:00 - 20:55 - Studio 2 RPM VIRTUAL 20:30 - 21:20 - Cycling	LM CORE VIRT. 20:00 - 20:30 - Studio 1 SH'BAM VIRTUAL 20:00 - 20:45 - Studio 2 B.PUMP 20:30 - 21:25 - Studio 1 RPM VIRTUAL 20:30 - 21:20 - Cycling	B.COMBAT VIRTUAL 20:00 - 20:45 - Studio 1 HIIT 20:00 - 20:30 - Fitness B.BALANCE VIRTUAL 20:30 - 21:25 - Studio 2 RPM VIRTUAL 20:30 - 21:20 - Cycling	CYCLING 20:00 - 20:50 - Cycling LM CORE VIRT. 20:00 - 20:30 - Studio 2 SH'BAM VIRTUAL 20:00 - 20:45 - Studio 1	B.BALANCE VIRTUAL 20:00 - 20:55 - Studio 2 B.PUMP VIRTUAL 20:30 - 21:25 - Studio 1 RPM VIRTUAL 20:30 - 21:20 - Cycling		
21:00	LM CORE VIRT. 21:00 - 21:30 - Studio 1 RPM VIRTUAL 21:30 - 22:00 - Cycling LM CORE VIRT. 21:45 - 22:15 - Studio 1	LM CORE VIRT. 21:00 - 21:30 - Studio 2 RPM VIRTUAL 21:30 - 22:20 - Cycling B.COMBAT VIRT.30 21:45 - 22:15 - Studio 1	LM CORE VIRT. 21:00 - 21:30 - Studio 1 RPM VIRTUAL 30 21:30 - 22:00 - Cycling B.PUMP VIRTUAL 30 21:45 - 22:15 - Studio 1	RPM VIRTUAL 21:30 - 22:20 - Cycling B.COMBAT VIRT.30 21:45 - 22:15 - Studio 1	LM CORE VIRT. 21:30 - 22:00 - Studio 1 RPM VIRTUAL 30 21:30 - 22:00 - Cycling		

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