

# HORARIO de actividades dirigidas

Centro

Horario Completo

| HORA  | LUNES                                                                                                                              | MARTES                                                                                                                               | MIÉRCOLES                                                                                                                                                                       | JUEVES                                                                                                                            | VIERNES                                                                                                         | SÁBADO                                                           | DOMINGO                                |
|-------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------|
| 07:00 | SMART CYCLING<br>07:30 - 08:20 - ST3                                                                                               | SMART CYCLING<br>07:30 - 08:20 - ST3                                                                                                 | B.PUMP<br>07:30 - 08:20 - ST1                                                                                                                                                   | SMART CYCLING<br>07:30 - 08:20 - ST3                                                                                              | PUMP VIRTUAL<br>07:30 - 08:20 - ST2                                                                             |                                                                  |                                        |
|       |                                                                                                                                    | YOGA VIRTUAL<br>07:30 - 08:20 - ST2                                                                                                  |                                                                                                                                                                                 | YOGA VIRTUAL<br>07:30 - 08:20 - ST2                                                                                               |                                                                                                                 |                                                                  |                                        |
| 08:00 | AQUA GYM<br>08:00 - 08:50 - AQA<br>PILATES<br>08:00 - 08:50 - ST2<br>QUEENAX<br>08:00 - 08:30 - FIT<br>CORE<br>08:30 - 09:00 - ST1 | FUNC STRENGTH<br>08:00 - 08:30 - ST1<br>B.ATTACK 30<br>08:30 - 09:00 - ST1                                                           | AQUA GYM<br>08:00 - 08:50 - AQA<br>PILATES<br>08:00 - 08:50 - ST2<br>QUEENAX<br>08:00 - 08:30 - FIT<br>B.BALANCE<br>08:30 - 09:00 - ST1<br>SMART CYCLING<br>08:30 - 09:20 - ST3 | QUEENAX<br>08:00 - 08:30 - FIT<br>CORE<br>08:30 - 09:00 - ST1                                                                     | AQUA GYM<br>08:00 - 08:50 - AQA<br>B.COMBAT<br>08:00 - 08:50 - ST1<br>QUEENAX<br>08:30 - 09:00 - FIT            |                                                                  |                                        |
| 09:00 | SMART CYCLING<br>09:00 - 09:50 - ST3<br>B.BALANCE<br>09:30 - 10:20 - ST2<br>B.PUMP<br>09:30 - 10:20 - ST1                          | CORE<br>09:00 - 09:30 - FIT<br>SMART CYCLING<br>09:00 - 09:50 - ST3<br>STEP<br>09:30 - 10:20 - ST2                                   | B.PUMP 30<br>09:00 - 09:30 - ST1<br>B.COMBAT<br>09:30 - 10:20 - ST1                                                                                                             | B.ATTACK 30<br>09:00 - 09:50 - ST1<br>CORE<br>09:00 - 09:30 - FIT<br>YOGA<br>09:00 - 09:50 - ST2<br>B.PUMP<br>09:30 - 10:20 - ST1 | ZUMBA<br>09:00 - 09:50 - ST1<br>PILATES<br>09:30 - 10:20 - ST2                                                  |                                                                  |                                        |
| 10:00 | AQUA GYM<br>10:30 - 11:20 - AQA<br>YOGA<br>10:30 - 11:20 - ST2<br>ZUMBA GOLD<br>10:30 - 11:20 - ST1                                | B.PUMP<br>10:00 - 10:50 - ST1<br>AQUA GYM<br>10:30 - 11:20 - AQA<br>PILATES<br>10:30 - 11:20 - ST2                                   | SMART CYCLING<br>10:00 - 10:50 - ST3<br>AQUA GYM<br>10:30 - 11:20 - AQA<br>B.ATTACK 30<br>10:30 - 11:00 - ST1<br>B.BALANCE<br>10:30 - 11:20 - ST2                               | AQUA GYM<br>10:30 - 11:20 - AQA<br>B.COMBAT<br>10:30 - 11:20 - ST1<br>PILATES & PROPS<br>10:30 - 11:20 - ST2                      | AQUA GYM<br>10:30 - 11:20 - AQA<br>YOGA<br>10:30 - 11:20 - ST2                                                  | DANCE VIRTUAL<br>10:30 - 11:20 - ST2                             | CORE VIRTUAL 30<br>10:15 - 10:45 - ST2 |
| 11:00 | B.COMBAT<br>11:30 - 12:20 - ST1<br>GIMNASIA SUAVE<br>11:30 - 12:20 - ST2                                                           | HIIT<br>11:00 - 11:30 - ST1<br>CORE<br>11:30 - 12:00 - ST1<br>PILATES NOVEL<br>11:30 - 12:20 - ST2<br>QUEENAX<br>11:30 - 12:00 - FIT | CORE<br>11:00 - 11:30 - ST1<br>B.PUMP<br>11:30 - 12:20 - ST1<br>ESTIRAMIENTOS<br>11:30 - 12:00 - FIT<br>GIMNASIA SUAVE<br>11:30 - 12:20 - ST2                                   | PILATES NOVEL<br>11:30 - 12:20 - ST2<br>STEP<br>11:30 - 12:20 - ST1                                                               | GIMNASIA SUAVE<br>11:30 - 12:20 - ST2<br>QUEENAX<br>11:30 - 12:00 - FIT<br>SMART CYCLING<br>11:30 - 12:20 - ST3 | SMART CYCLING<br>11:30 - 12:20 - ST3                             | PUMP VIRTUAL<br>11:00 - 11:50 - ST2    |
| 12:00 | AQUA GYM<br>12:30 - 13:20 - AQA<br>PILATES<br>12:30 - 13:20 - ST2<br>ZUMBA<br>12:30 - 13:20 - ST1                                  | AQUA FITNESS<br>12:30 - 13:20 - AQA<br>SMART CYCLING<br>12:30 - 13:20 - ST3<br>ZUMBA<br>12:30 - 13:20 - ST1                          | SMART CYCLING<br>12:00 - 12:50 - ST3<br>AQUA GYM<br>12:30 - 13:20 - AQA<br>PILATES<br>12:30 - 13:20 - ST2<br>ZUMBA<br>12:30 - 13:20 - ST1                                       | AQUA FITNESS<br>12:30 - 13:20 - AQA<br>SMART CYCLING<br>12:30 - 13:20 - ST3<br>ZUMBA<br>12:30 - 13:20 - ST1                       | AQUAZUMBA<br>12:30 - 13:20 - AQA<br>B.COMBAT<br>12:30 - 13:20 - ST1                                             | AQUA GYM<br>12:30 - 13:20 - AQA<br>B.PUMP<br>12:30 - 13:20 - ST1 | AQUA GYM<br>12:00 - 12:50 - AQA        |
| 13:00 | B.PUMP<br>13:30 - 14:20 - ST1                                                                                                      | B.ATTACK<br>13:30 - 14:20 - ST1                                                                                                      | B.PUMP<br>13:30 - 14:20 - ST1                                                                                                                                                   | B.PUMP<br>13:30 - 14:20 - ST1                                                                                                     | B.PUMP<br>13:30 - 14:20 - ST1                                                                                   | YOGA VIRTUAL<br>13:30 - 14:20 - ST2                              |                                        |
| 14:00 | ESTIRAMIENTOS<br>14:30 - 15:00 - ST2<br>VIRTUAL                                                                                    | QUEENAX<br>14:30 - 15:00 - FIT                                                                                                       |                                                                                                                                                                                 |                                                                                                                                   |                                                                                                                 |                                                                  |                                        |
| 15:00 |                                                                                                                                    | SMART CYCLING<br>15:00 - 15:50 - ST3                                                                                                 | B.PUMP<br>15:00 - 15:50 - ST1                                                                                                                                                   |                                                                                                                                   | PUMP VIRTUAL<br>15:00 - 15:50 - ST2<br>QUEENAX<br>15:00 - 15:30 - FIT                                           |                                                                  |                                        |

# HORARIO de actividades dirigidas

Centro

**YO10**  
sportclub

| HORA  | LUNES                                                                                                                                                                                          | MARTES                                                                                                                                                                                  | MIÉRCOLES                                                                                                                                          | JUEVES                                                                                                                                                                                           | VIERNES                                                                                                        | SÁBADO                                    | DOMINGO |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------|
| 16:00 | DANCE VIRTUAL<br>16:00 - 16:50 - ST2                                                                                                                                                           | CORE VIRTUAL 30<br>16:00 - 16:30 - ST2                                                                                                                                                  | YOGA VIRTUAL<br>16:00 - 16:50 - ST2                                                                                                                | DANCE VIRTUAL<br>16:00 - 16:50 - ST2                                                                                                                                                             | PILATES VIRTUAL<br>16:00 - 16:30 - ST2                                                                         |                                           |         |
| 17:00 | QUEENAX<br>17:30 - 18:00 - FIT                                                                                                                                                                 | SMART CYCLING<br>17:00 - 17:50 - ST3<br><br>B.PUMP<br>17:30 - 18:20 - ST1                                                                                                               | B.COMBAT<br>17:00 - 17:50 - ST1<br><br>PILATES NOVEL<br>17:30 - 18:20 - ST2                                                                        | CORE<br>17:00 - 17:30 - ST1<br><br>B.PUMP<br>17:30 - 18:20 - ST1<br><br>QUEENAX<br>17:30 - 18:00 - FIT                                                                                           |                                                                                                                | QUEENAX<br>17:30 - 18:00 - FIT            |         |
| 18:00 | B.COMBAT<br>18:00 - 18:50 - ST1<br><br>SMART CYCLING<br>18:00 - 18:50 - ST3                                                                                                                    | B.BALANCE<br>18:00 - 18:50 - ST2<br><br>POWER<br>18:30 - 19:20 - ST1<br><br>QUEENAX<br>18:30 - 19:00 - FIT                                                                              | SMART CYCLING<br>18:00 - 18:50 - ST3<br><br>STEP<br>18:00 - 18:50 - ST1                                                                            | B.BALANCE<br>18:00 - 18:50 - ST2<br><br>POWER<br>18:30 - 19:20 - ST1                                                                                                                             | ZUMBA<br>18:00 - 18:50 - ST1                                                                                   | CORE VIRTUAL 30<br>18:00 - 18:30 - ST2    |         |
| 19:00 | AQUA GYM<br>19:00 - 19:50 - AQA<br><br>B.BALANCE<br>19:00 - 19:50 - ST2<br><br>B.PUMP<br>19:00 - 19:50 - ST1<br><br>QUEENAX<br>19:00 - 19:30 - FIT<br><br>SMART CYCLING<br>19:30 - 20:20 - ST3 | AQUA FITNESS<br>19:00 - 19:50 - AQA<br><br>PILATES NOVEL<br>19:00 - 19:50 - ST2<br><br>SMART CYCLING<br>19:00 - 19:50 - ST3<br><br>ZUMBA<br>19:30 - 20:00 - ST1                         | AQUA GYM<br>19:00 - 19:50 - AQA<br><br>B.BALANCE<br>19:00 - 19:50 - ST2<br><br>B.PUMP<br>19:00 - 19:50 - ST1<br><br>QUEENAX<br>19:30 - 20:00 - FIT | AQUA FITNESS<br>19:00 - 19:50 - AQA<br><br>B.ATTACK 30<br>19:00 - 19:30 - ST2<br><br>SMART CYCLING<br>19:00 - 19:50 - ST3<br><br>HIIT<br>19:30 - 20:00 - ST1<br><br>ZUMBA<br>19:30 - 20:20 - ST2 | AQUA GYM<br>19:00 - 19:50 - AQA<br><br>CORE<br>19:00 - 19:30 - ST1<br><br>SMART CYCLING<br>19:30 - 20:20 - ST3 | PILATES VIRTUAL 30<br>19:00 - 19:30 - ST2 |         |
| 20:00 | B.ATTACK<br>20:00 - 20:50 - ST1<br><br>PILATES<br>20:00 - 20:50 - ST2<br><br>SMART CYCLING<br>20:30 - 21:20 - ST3                                                                              | B.COMBAT<br>20:00 - 20:50 - ST1<br><br>CORE<br>20:00 - 20:30 - ST2<br><br>SMART CYCLING<br>20:00 - 20:50 - ST3<br><br>QUEENAX<br>20:30 - 21:00 - FIT<br><br>YOGA<br>20:30 - 21:20 - ST2 | SMART CYCLING<br>20:00 - 20:50 - ST3<br><br>ZUMBA<br>20:00 - 20:50 - ST1<br><br>YOGA VIRTUAL<br>20:15 - 21:05 - ST2                                | CORE<br>20:00 - 20:30 - ST1<br><br>B.COMBAT<br>20:30 - 21:20 - ST1<br><br>HIIT<br>20:30 - 21:20 - OUT<br><br>SMART CYCLING<br>20:30 - 21:20 - ST3<br><br>YOGA<br>20:30 - 21:20 - ST2             | QUEENAX<br>20:00 - 20:30 - FIT<br><br>B.PUMP<br>20:30 - 21:20 - ST1                                            |                                           |         |
| 21:00 | HIIT<br>21:00 - 21:30 - ST1<br><br>QUEENAX<br>21:00 - 21:30 - FIT<br><br>B.COMBAT<br>21:30 - 22:20 - ST1<br><br>ZUMBA<br>21:30 - 22:20 - ST2                                                   | HIIT<br>21:00 - 21:30 - ST1<br><br>B.PUMP<br>21:30 - 22:20 - ST1<br><br>DANCE VIRTUAL<br>21:30 - 22:20 - ST2                                                                            | CORE<br>21:00 - 21:30 - ST1<br><br>PILATES<br>21:15 - 22:05 - ST2<br><br>B.COMBAT<br>21:30 - 22:20 - ST1<br><br>QUEENAX<br>21:30 - 22:00 - FIT     | QUEENAX<br>21:00 - 21:30 - FIT<br><br>DANCE VIRTUAL<br>21:30 - 22:20 - ST2                                                                                                                       |                                                                                                                |                                           |         |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

YO10 se reserva el derecho de cualquier modificación en el horario por motivos externos.

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[www.yodiez.com](http://www.yodiez.com)

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las Redes sociales

