

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	SMART CYCLING 07:30 - 08:20 - ST3	B. COMBAT VIRTUAL 07:30 - 08:20 - ST2	B.PUMP 07:30 - 08:20 - ST1	SH'BAM VIRTUAL 07:30 - 08:20 - ST2	B.BALANCE VIRT 07:30 - 08:20 - ST2		
		SMART CYCLING 07:30 - 08:20 - ST3	RPM VIRTUAL 07:30 - 08:20 - ST3	SMART CYCLING 07:30 - 08:20 - ST3	RPM VIRTUAL 07:30 - 08:20 - ST3		
08:00	AQUA GYM 08:00 - 08:50 - AQA	FUNC STRENGTH 08:00 - 08:30 - ST1	AQUA GYM 08:00 - 08:50 - AQA	QUEENAX 08:00 - 08:30 - FIT	AQUA GYM 08:00 - 08:50 - AQA		
	PILATES 08:00 - 08:50 - ST2	CROSSTRaining 08:15 - 08:45 - FIT	PILATES 08:00 - 08:50 - ST2	CORE 08:30 - 09:00 - ST1	B.COMBAT 08:00 - 08:50 - ST1		
	QUEENAX 08:00 - 08:30 - FIT	B.ATTACK 30 08:30 - 09:00 - ST1	QUEENAX 08:00 - 08:30 - FIT		LM CORE VIRT. 08:30 - 09:00 - ST2		
	CORE 08:30 - 09:00 - ST1		B.BALANCE 08:30 - 09:00 - ST1		QUEENAX 08:30 - 09:00 - FIT		
			SMART CYCLING 08:30 - 09:20 - ST3				
09:00	SMART CYCLING 09:00 - 09:50 - ST3	CORE 09:00 - 09:30 - FIT	B.PUMP 30 09:00 - 09:30 - ST1	B.ATTACK 30 09:00 - 09:30 - ST1	RPM VIRTUAL 09:00 - 09:50 - ST3		
	B.BALANCE 09:30 - 10:20 - ST2	SMART CYCLING 09:00 - 09:50 - ST3	SH'BAM VIRTUAL 09:00 - 09:50 - ST2	YOGA 09:00 - 09:50 - ST2	ZUMBA 09:00 - 09:50 - ST1		
	B.PUMP 09:30 - 10:20 - ST1	STEP 09:30 - 10:20 - ST2	B.COMBAT 09:30 - 10:20 - ST1	B.PUMP 09:30 - 10:20 - ST1	PILATES 09:30 - 10:20 - ST2		
	CROSSTRaining 10:15 - 10:45 - FIT	B.PUMP 10:00 - 10:50 - ST1	SMART CYCLING 10:00 - 10:50 - ST3	RPM VIRTUAL 10:00 - 10:50 - ST3	CROSSTRaining 10:00 - 10:30 - FIT	RPM VIRTUAL 10:15 - 11:05 - ST3	RPM VIRTUAL 10:30 - 11:20 - ST3
10:00	AQUA GYM 10:30 - 11:20 - AQA	AQUA GYM 10:30 - 11:20 - AQA	AQUA GYM 10:30 - 11:20 - AQA	AQUA GYM 10:30 - 11:20 - AQA	AQUA GYM 10:30 - 11:20 - AQA		
	YOGA 10:30 - 11:20 - ST2	PILATES 10:30 - 11:20 - ST2	B.ATTACK 30 10:30 - 11:00 - ST2	B.COMBAT 10:30 - 11:20 - ST1	HIIT 10:30 - 11:00 - ST1		
	ZUMBA GOLD 10:30 - 11:20 - ST1		B.PUMP 10:30 - 11:20 - ST1	PILATES & PROPS 10:30 - 11:20 - ST2	YOGA 10:30 - 11:20 - ST2		
	B.COMBAT 11:30 - 12:20 - ST2	HIIT 11:00 - 11:30 - ST1	CORE 11:00 - 11:30 - ST2	PILATES NOVEL 11:30 - 12:20 - ST2	CORE 11:00 - 11:30 - ST1	SMART CYCLING 11:30 - 12:20 - ST3	
11:00	GIMNASIA SUAVE 11:30 - 12:20 - ST1	CORE 11:30 - 12:00 - ST1	B.BALANCE 11:30 - 12:20 - ST2	STEP 11:30 - 12:20 - ST1	GIMNASIA SUAVE 11:30 - 12:20 - ST1		
		PILATES NOVEL 11:30 - 12:20 - ST2	ESTIRAMIENTOS 11:30 - 12:00 - FIT		QUEENAX 11:30 - 12:00 - FIT		
		QUEENAX 11:30 - 12:00 - FIT	GIMNASIA SUAVE 11:30 - 12:20 - ST1		SMART CYCLING 11:30 - 12:20 - ST3		
12:00	RPM VIRTUAL 12:00 - 12:50 - ST3	CROSSTRaining 12:15 - 12:45 - FIT	SMART CYCLING 12:00 - 12:50 - ST3	CROSSTRaining 12:00 - 12:30 - FIT	AQUAZUMBA 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:00 - 12:50 - AQA
	AQUA GYM 12:30 - 13:20 - AQA	AQUA FITNESS 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA	AQUA FITNESS 12:30 - 13:20 - AQA	B.COMBAT 12:30 - 13:20 - ST1	B.PUMP 12:30 - 13:20 - ST1	
	PILATES 12:30 - 13:20 - ST2	SMART CYCLING 12:30 - 13:20 - ST3	PILATES 12:30 - 13:20 - ST2	SMART CYCLING 12:30 - 13:20 - ST3			
	ZUMBA 12:30 - 13:20 - ST1	ZUMBA 12:30 - 13:20 - ST1	ZUMBA 12:30 - 13:20 - ST1	ZUMBA 12:30 - 13:20 - ST1			
13:00	B.PUMP 13:30 - 14:20 - ST1	B.ATTACK 13:30 - 14:20 - ST1	B. COMBAT VIRTUAL 13:30 - 14:20 - ST2	B.BALANCE VIRT 13:30 - 14:20 - ST2	B.PUMP 13:30 - 14:20 - ST1		
	LM CORE VIRT. 13:30 - 14:00 - ST2	LM CORE VIRT. 13:30 - 14:00 - ST2	B.PUMP 13:30 - 14:20 - ST1	B.PUMP 13:30 - 14:20 - ST1			
14:00	CROSSTRaining 14:30 - 15:00 - FIT	B. COMBAT VIRTUAL 14:30 - 15:20 - ST2	B.BALANCE VIRT 14:30 - 15:20 - ST2	LM CORE VIRT. 14:30 - 15:00 - ST2			
	SH'BAM VIRTUAL 14:30 - 15:20 - ST2	QUEENAX 14:30 - 15:00 - FIT	CROSSTRaining 14:30 - 15:00 - FIT				

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
15:00	RPM VIRTUAL 15:00 - 15:50 - ST3 B. COMBAT VIRTUAL 15:30 - 16:20 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST3 B.BALANCE VIRT 15:30 - 16:20 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST3 LM CORE VIRT. 15:30 - 16:00 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST3 B. COMBAT VIRTUAL 15:30 - 16:20 - ST2	QUEENAX 15:00 - 15:30 - FIT RPM VIRTUAL 15:00 - 15:50 - ST3		
16:00	RPM VIRTUAL 16:00 - 16:50 - ST3 B.BALANCE VIRT 16:30 - 17:20 - ST2	RPM VIRTUAL 16:00 - 16:50 - ST3 SH'BAM VIRTUAL 16:30 - 17:20 - ST2	RPM VIRTUAL 16:00 - 16:50 - ST3 B.BALANCE VIRT 16:30 - 17:20 - ST2	RPM VIRTUAL 16:00 - 16:50 - ST3 LM CORE VIRT. 16:30 - 17:00 - ST2	RPM VIRTUAL 16:00 - 16:50 - ST3		
17:00	PILATES NOVEL 17:30 - 18:20 - ST2 QUEENAX 17:30 - 18:00 - FIT	SMART CYCLING 17:00 - 17:50 - ST3 B.PUMP 17:30 - 18:20 - ST1	B.COMBAT 17:00 - 17:50 - ST1 RPM VIRTUAL 17:00 - 17:50 - ST3 PILATES NOVEL 17:30 - 18:20 - ST2	CORE 17:00 - 17:30 - ST1 B.PUMP 17:30 - 18:20 - ST1 QUEENAX 17:30 - 18:00 - FIT		QUEENAX 17:30 - 18:00 - FIT	
18:00	B.COMBAT 18:00 - 18:50 - ST1 SMART CYCLING 18:00 - 18:50 - ST3 CROSSTRaining 18:15 - 18:45 - FIT	B.BALANCE 18:00 - 18:50 - ST2 POWER 18:30 - 19:20 - ST1 QUEENAX 18:30 - 19:00 - FIT	SMART CYCLING 18:00 - 18:50 - ST3 STEP 18:00 - 18:50 - ST1	B.BALANCE 18:00 - 18:50 - ST2 POWER 18:30 - 19:20 - ST1	ZUMBA 18:00 - 18:50 - ST1 CROSSTRaining 18:30 - 19:00 - FIT	RPM VIRTUAL 18:00 - 18:50 - ST3	
19:00	AQUA GYM 19:00 - 19:50 - AQA B.BALANCE 19:00 - 19:50 - ST2 B.PUMP 19:00 - 19:50 - ST1 QUEENAX 19:00 - 19:30 - FIT SMART CYCLING 19:30 - 20:20 - ST3	AQUA FITNESS 19:00 - 19:50 - AQA PILATES NOVEL 19:00 - 19:50 - ST2 SMART CYCLING 19:00 - 19:50 - ST3 CROSSTRaining 19:15 - 19:45 - FIT ZUMBA 19:30 - 20:00 - ST1	AQUA GYM 19:00 - 19:50 - AQA B.BALANCE 19:00 - 19:50 - ST2 B.PUMP 19:00 - 19:50 - ST1 QUEENAX 19:30 - 20:00 - FIT	AQUA FITNESS 19:00 - 19:50 - AQA B.ATTACK 30 19:00 - 19:30 - ST2 SMART CYCLING 19:00 - 19:50 - ST3 HIIT 19:30 - 20:00 - ST1 ZUMBA 19:30 - 20:20 - ST2	AQUA GYM 19:00 - 19:50 - AQA CORE 19:00 - 19:30 - ST1 SMART CYCLING 19:30 - 20:20 - ST3	RPM VIRTUAL 19:30 - 20:20 - ST3	
20:00	B.ATTACK 20:00 - 20:50 - ST1 PILATES 20:00 - 20:50 - ST2 CROSSTRaining 20:15 - 20:45 - FIT SMART CYCLING 20:30 - 21:20 - ST3	B.COMBAT 20:00 - 20:50 - ST1 CORE 20:00 - 20:30 - ST2 SMART CYCLING 20:00 - 20:50 - ST3 QUEENAX 20:30 - 21:00 - FIT YOGA 20:30 - 21:20 - ST2	LM CORE VIRT. 20:00 - 20:30 - ST2 SMART CYCLING 20:00 - 20:50 - ST3 ZUMBA 20:00 - 20:50 - ST1 CROSSTRaining 20:15 - 20:45 - FIT	CORE 20:00 - 20:30 - ST1 B.COMBAT 20:30 - 21:20 - ST1 HIIT 20:30 - 21:20 - OUT SMART CYCLING 20:30 - 21:20 - ST3 YOGA 20:30 - 21:20 - ST2	QUEENAX 20:00 - 20:30 - FIT B.PUMP 20:30 - 21:20 - ST1		
21:00	HIIT 21:00 - 21:30 - ST1 QUEENAX 21:00 - 21:30 - FIT B.COMBAT 21:30 - 22:20 - ST1 ZUMBA 21:30 - 22:20 - ST2	HIIT 21:00 - 21:30 - ST1 B. COMBAT VIRTUAL 21:30 - 22:20 - ST2 B.PUMP 21:30 - 22:20 - ST1	CORE 21:00 - 21:30 - ST1 PILATES 21:15 - 22:05 - ST2 B.COMBAT 21:30 - 22:20 - ST1 QUEENAX 21:30 - 22:00 - FIT	QUEENAX 21:00 - 21:30 - FIT CROSSTRaining 21:45 - 22:15 - FIT			

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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

Toda la Información
en nuestra web
www.yodiez.com

YO10 en
las Redes sociales

