HORARIO
de actividades dirigidas

Centro — Horario Completo

YO10 sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1 REMO VIRTUAL 06:45 - 07:00 - Fitness	LM CORE VIRT. 06:45 - 07:15 - Studio 2 REMO VIRTUAL 06:45 - 07:00 - Fitness RPM VIRTUAL 06:45 - 07:30 - Cycling	B.BALANCE VIRTUAL 06:45 - 07:30 - Studio 2 GRIT VIRTUAL 06:45 - 07:15 - Studio 1 REMO VIRTUAL 06:45 - 07:00 - Fitness	LM CORE VIRT. 06:45 - 07:15 - Studio 2 REMO VIRTUAL 06:45 - 07:00 - Fitness RPM VIRTUAL 06:45 - 07:30 - Cycling	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1 REMO VIRTUAL 06:45 - 07:00 - Fitness		
07:00	RPM VIRTUAL 07:00 - 07:45 - Cycling		RPM VIRTUAL 07:00 - 07:45 - Cycling		RPM VIRTUAL 07:00 - 07:45 - Cycling		
08:00	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 RPM VIRTUAL 08:30 - 09:10 - Cycling	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2 RPM VIRTUAL 08:15 - 09:00 - Cycling B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:25 - Studio 1 RPM VIRTUAL 08:30 - 09:15 - Cycling	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2 RPM VIRTUAL 08:15 - 09:00 - Cycling B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B.BALANCE VIRTUAL 08:30 - 09:15 - Studio 2 RPM VIRTUAL 08:30 - 09:15 - Cycling		
09:00	LM CORE VIRT. 09:00 - 09:20 - Studio 2 B.PUMP 09:30 - 10:15 - Studio 1 BODYPUMP LIVE 09:30 - 10:15 - Studio 1 REMO VIRTUAL 09:30 - 09:45 - Fitness	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2 B.COMBAT 09:30 - 10:15 - Studio 1 BODYCOMBAT LIVE 09:30 - 10:15 - Studio 1 REMO VIRTUAL 09:30 - 09:45 - Fitness	LM CORE VIRT. 09:00 - 09:20 - Studio 2 B.PUMP 09:30 - 10:15 - Studio 1 BODYPUMP LIVE 09:30 - 10:15 - Studio 1 REMO VIRTUAL 09:30 - 09:45 - Fitness	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2 REMO VIRTUAL 09:30 - 09:45 - Fitness	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1 REMO VIRTUAL 09:30 - 09:45 - Fitness RPM VIRTUAL 09:30 - 10:15 - Cycling	RPM VIRTUAL 09:30 - 10:15 - Cycling REMO VIRTUAL 09:45 - 10:00 - Fitness	RPM VIRTUAL 09:30 - 10:15 - Cycling REMO VIRTUAL 09:45 - 10:00 - Fitness
10:00	CYCLING 10:30 - 11:15 - Cycling GRIT VIRTUAL 10:30 - 10:55 - Studio 2	RPM VIRTUAL 10:00 - 10:45 - Cycling B.PUMP VIRTUAL 10:30 - 11:15 - Studio 2 GRIT 10:30 - 10:55 - Studio 1 GRIT LIVE 10:30 - 11:00 - Studio 1	B.BALANCE VIRTUAL 10:30 - 11:15 - Studio 2 CYCLING 10:30 - 11:15 - Cycling LM CORE VIRT. 10:30 - 10:50 - Studio 1	RPM VIRTUAL 10:00 - 10:45 - Cycling B.PUMP 10:30 - 11:15 - Studio 1 BODYPUMP LIVE 10:30 - 11:15 - Studio 1	B.BALANCE VIRTUAL 10:30 - 11:15 - Studio 2 CYCLING 10:30 - 11:15 - Cycling	GRIT VIRTUAL 10:00 - 10:25 - Studio 2 B.PUMP 10:30 - 11:15 - Studio 1 BODYPUMP LIVE 10:30 - 11:15 - Studio 1	GRIT VIRTUAL 10:00 - 10:25 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1
11:00	B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2 LM CORE VIRT. 11:30 - 11:50 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling	LES MILLS CORE 11:00 - 11:25 - Studio 1 LM CORE LIVE 11:00 - 11:30 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:15 - Studio 1 YOGA LIVE 11:30 - 12:15 - Studio 1	LM CORE VIRT. 11:30 - 11:50 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling	RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:15 - Studio 1 YOGA LIVE 11:30 - 12:15 - Studio 1	RPM VIRTUAL 11:00 - 11:45 - Cycling LM CORE VIRT. 11:30 - 11:50 - Studio 1 YOGA 11:30 - 12:15 - Studio 2	B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2 CYCLING 11:30 - 12:15 - Cycling REMO VIRTUAL 11:30 - 11:45 - Fitness	RPM VIRTUAL 11:00 - 11:45 - Cycling B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2 REMO VIRTUAL 11:30 - 11:45 - Fitness
12:00	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 2 REMO VIRTUAL 12:30 - 12:45 - Fitness	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 2 REMO VIRTUAL 12:30 - 12:45 - Fitness	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Cycling	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Cycling
13:00	LM CORE VIRT. 13:00 - 13:20 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	GRIT VIRTUAL 13:00 - 13:25 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling LM CORE VIRT. 13:30 - 13:50 - Studio 1	LM CORE VIRT. 13:00 - 13:20 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	GRIT VIRTUAL 13:00 - 13:25 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling LM CORE VIRT. 13:30 - 13:50 - Studio 1	B.COMBAT VIRTUAL 13:00 - 13:45 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	LM CORE VIRT. 13:00 - 13:20 - Studio 2 REMO VIRTUAL 13:00 - 13:15 - Fitness B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1	LM CORE VIRT. 13:00 - 13:20 - Studio 2 REMO VIRTUAL 13:00 - 13:15 - Fitness B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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14:00	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.ATTACK 14:30 - 15:15 - Studio 1 B.PUMP VIRTUAL 14:30 - 15:15 - Studio 2 BODYATTACK LIVE 14:30 - 15:15 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	LM CORE VIRT. 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2 B.PUMP 14:30 - 15:15 - Studio 1 BODYPUMP LIVE 14:30 - 15:15 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2 B.PUMP VIRTUAL 14:30 - 15:15 - Studio 1 CYCLING 14:30 - 15:15 - Cycling	LM CORE VIRT. 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.COMBAT VIRTUAL 14:30 - 15:15 - Studio 2 GRIT 14:30 - 14:55 - Studio 1 GRIT LIVE 14:30 - 15:00 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2 B.PUMP VIRTUAL 14:30 - 15:15 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	GRIT VIRTUAL 14:00 - 14:25 - Studio 2 RPM VIRTUAL 14:00 - 14:45 - Cycling REMO VIRTUAL 14:30 - 14:45 - Fitness	GRIT VIRTUAL 14:00 - 14:25 - Studio 2 RPM VIRTUAL 14:00 - 14:45 - Cycling
15:00	B.PUMP VIRTUAL 15:30 - 16:15 - Studio 1 LM CORE VIRT. 15:30 - 16:00 - Studio 2	GRIT VIRTUAL 15:30 - 16:00 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling	B.PUMP VIRTUAL 15:30 - 16:15 - Studio 1 LM CORE VIRT. 15:30 - 16:00 - Studio 2	LES MILLS CORE 15:00 - 15:25 - Studio 1 LM CORE LIVE 15:00 - 15:30 - Studio 1 GRIT VIRTUAL 15:30 - 16:00 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling	B.COMBAT VIRTUAL 15:30 - 16:15 - Studio 2 LM CORE VIRT. 15:30 - 16:00 - Studio 1	B.COMBAT VIRTUAL 15:00 - 15:45 - Studio 1 B.PUMP VIRTUAL 15:00 - 15:45 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling	
16:00	RPM VIRTUAL 16:00 - 16:45 - Cycling GRIT VIRTUAL 16:30 - 17:00 - Studio 2 REMO VIRTUAL 16:30 - 16:45 - Fitness	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2 REMO VIRTUAL 16:30 - 16:45 - Fitness	RPM VIRTUAL 16:00 - 16:45 - Cycling GRIT VIRTUAL 16:30 - 17:00 - Studio 2 REMO VIRTUAL 16:30 - 16:45 - Fitness	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2 REMO VIRTUAL 16:30 - 16:45 - Fitness	RPM VIRTUAL 16:00 - 16:45 - Cycling GRIT VIRTUAL 16:30 - 17:00 - Studio 1 REMO VIRTUAL 16:30 - 16:45 - Fitness	LM CORE VIRT. 16:30 - 16:50 - Studio 1	
17:00	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling B.BALANCE VIRTUAL 17:30 - 18:15 - Studio 2	GRIT VIRTUAL 17:00 - 17:25 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling B.COMBAT VIRTUAL 17:30 - 18:15 - Studio 1	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1 RPM VIRTUAL 17:00 - 17:45 - Cycling	GRIT VIRTUAL 17:00 - 17:25 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling B.COMBAT VIRTUAL 17:30 - 18:15 - Studio 1	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1 RPM VIRTUAL 17:00 - 17:45 - Cycling	B.BALANCE VIRTUAL 17:00 - 17:45 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling REMO VIRTUAL 17:30 - 17:45 - Fitness	
18:00	REMO VIRTUAL 18:00 - 18:15 - Fitness B.PUMP 18:30 - 19:15 - Studio 1 BODYPUMP LIVE 18:30 - 19:15 - Studio 1 RPM VIRTUAL 18:30 - 19:15 - Cycling YOGA 18:30 - 19:15 - Studio 2	B.BALANCE VIRTUAL 18:00 - 18:45 - Studio 2 REMO VIRTUAL 18:00 - 18:15 - Fitness B.PUMP VIRTUAL 18:30 - 19:15 - Studio 1 CYCLING 18:30 - 19:15 - Cycling	REMO VIRTUAL 18:00 - 18:15 - Fitness B.PUMP 18:30 - 19:15 - Studio 1 BODYPUMP LIVE 18:30 - 19:15 - Studio 1 RPM VIRTUAL 18:30 - 19:15 - Cycling YOGA 18:30 - 19:15 - Studio 2	B.BALANCE VIRTUAL 18:00 - 18:45 - Studio 2 REMO VIRTUAL 18:00 - 18:15 - Fitness B.PUMP VIRTUAL 18:30 - 19:15 - Studio 1 CYCLING 18:30 - 19:15 - Cycling	B.BALANCE VIRTUAL 18:00 - 18:45 - Studio 2 LM CORE VIRT. 18:00 - 18:30 - Studio 1 REMO VIRTUAL 18:00 - 18:15 - Fitness RPM VIRTUAL 18:30 - 19:15 - Cycling	B.PUMP VIRTUAL 18:00 - 18:45 - Studio 1 RPM VIRTUAL 18:30 - 19:15 - Cycling	
19:00	B.ATTACK 19:30 - 20:15 - Studio 1 BODYATTACK LIVE 19:30 - 20:15 - Studio 1 RPM VIRTUAL 19:30 - 20:15 - Cycling	GRIT VIRTUAL 19:00 - 19:30 - Studio 2 B.COMBAT 19:30 - 20:15 - Studio 1 BODYCOMBAT LIVE 19:30 - 20:15 - Studio 1 LM CORE VIRT. 19:30 - 20:00 - Studio 2 RPM VIRTUAL 19:30 - 20:15 - Cycling	B.COMBAT VIRTUAL 19:30 - 20:15 - Studio 1 CYCLING 19:30 - 20:15 - Cycling	GRIT VIRTUAL 19:00 - 19:30 - Studio 2 B.COMBAT 19:30 - 20:15 - Studio 1 BODYCOMBAT LIVE 19:30 - 20:15 - Studio 1 LM CORE VIRT. 19:30 - 20:00 - Studio 2 RPM VIRTUAL 19:30 - 20:15 - Cycling	B.PUMP 19:00 - 19:45 - Studio 1 BODYPUMP LIVE 19:00 - 19:45 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2 RPM VIRTUAL 19:30 - 20:15 - Cycling	B.COMBAT VIRTUAL 19:00 - 19:45 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2	

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20:00	B.BALANCE VIRTUAL 20:00 - 20:45 - Studio 2 B.PUMP VIRTUAL 20:30 - 21:15 - Studio 1 REMO VIRTUAL 20:30 - 20:45 - Fitness RPM VIRTUAL 20:30 - 21:15 - Cycling	B.BALANCE VIRTUAL 20:30 - 21:15 - Studio 2 GRIT 20:30 - 21:00 - Studio 1 GRIT LIVE 20:30 - 21:00 - Studio 1 REMO VIRTUAL 20:30 - 20:45 - Fitness RPM VIRTUAL 20:30 - 21:15 - Cycling	B.BALANCE VIRTUAL 20:00 - 20:45 - Studio 2 B.PUMP VIRTUAL 20:30 - 21:15 - Studio 1 REMO VIRTUAL 20:30 - 20:45 - Fitness RPM VIRTUAL 20:30 - 21:15 - Cycling	B.BALANCE VIRTUAL 20:30 - 21:15 - Studio 2 GRIT VIRTUAL 20:30 - 21:00 - Studio 1 REMO VIRTUAL 20:30 - 20:45 - Fitness RPM VIRTUAL 20:30 - 21:15 - Cycling	B.BALANCE VIRTUAL 20:00 - 20:45 - Studio 2 B.COMBAT VIRTUAL 20:30 - 21:15 - Studio 1 REMO VIRTUAL 20:30 - 20:45 - Fitness RPM VIRTUAL 20:30 - 21:15 - Cycling		
21:00	B.COMBAT VIRTUAL 21:30 - 22:15 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Cycling	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1 RPM VIRTUAL 21:30 - 22:15 - Cycling	B.COMBAT VIRTUAL 21:30 - 22:15 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Cycling	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1 RPM VIRTUAL 21:30 - 22:15 - Cycling	GRIT VIRTUAL 21:30 - 22:00 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Cycling		

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