

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1	CICLO INDOOR 06:45 - 07:30 - Studio 2 LM CORE VIRT. 06:45 - 07:15 - Studio 2 RPM VIRTUAL 06:45 - 07:35 - Studio 1 Cycling	B.BALANCE VIRT 06:45 - 07:40 - Studio 2 GRIT VIRTUAL 06:45 - 07:15 - Studio 1 RPM VIRTUAL 06:45 - 07:35 - Studio 1 Cycling	GRIT 06:45 - 07:30 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1		
07:00	RPM VIRTUAL 07:00 - 07:50 - Studio 1 GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B. COMBAT VIRTUAL 08:30 - 09:15 - Studio 1 RPM VIRTUAL 08:30 - 09:20 - Studio 1 Cycling				RPM VIRTUAL 07:00 - 07:50 - Studio 1 GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B. COMBAT VIRTUAL 08:30 - 09:15 - Studio 1 B.BALANCE VIRT 08:30 - 09:25 - Studio 2 RPM VIRTUAL 08:30 - 09:20 - Studio 2 Cycling		
08:00		B. COMBAT VIRTUAL 08:00 - 08:50 - Studio 2 RPM VIRTUAL 08:15 - 09:05 - Studio 1 B.PUMP VIRTUAL 08:30 - 09:20 - Studio 1	GRIT VIRTUAL 08:00 - 08:25 - Studio 1 RPM VIRTUAL 08:30 - 09:20 - Studio 1 Cycling	B. COMBAT VIRTUAL 08:00 - 08:55 - Studio 2 RPM VIRTUAL 08:15 - 09:05 - Studio 1 B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1			
09:00	LM CORE VIRT. 09:00 - 09:30 - Studio 2 B.PUMP 09:30 - 10:25 - Studio 1 RPM VIRTUAL 09:30 - 10:20 - Studio 1 Cycling	B.BALANCE VIRTUAL 09:30 - 10:20 - Studio 2 B.COMBAT 09:30 - 10:25 - Studio 1	LM CORE VIRT. 09:00 - 09:30 - Studio 2 CICLO INDOOR 09:30 - 10:15 - Studio 1 STRENGTH DEVELOPMENT 09:30 - 10:25 - Studio 1 B.BALANCE 10:30 - 11:25 - Studio 2	ATTACK 09:30 - 10:15 - Studio 1 B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1 CICLO INDOOR 09:30 - 10:15 - Studio 1 Cycling	RPM VIRTUAL 09:30 - 10:15 - Studio 1 YIN-YOGA 09:30 - 10:25 - Studio 2	RPM VIRTUAL 09:30 - 10:20 - Studio 1 Cycling
10:00	CICLO INDOOR 10:30 - 11:15 - Studio 1 Cycling GRIT VIRTUAL 10:30 - 10:55 - Studio 2 RPM VIRTUAL 10:30 - 11:20 - Studio 2	RPM VIRTUAL 10:00 - 10:50 - Studio 1 Cycling B.PUMP VIRTUAL 10:30 - 11:20 - Studio 2 GRIT 10:30 - 11:00 - Studio 1	B.BALANCE 10:30 - 11:25 - Studio 2 B.COMBAT VIRTUAL 10:30 - 11:20 - Studio 1 KINESIS-CORE 10:30 - 11:15 - Studio 1 RPM VIRTUAL 10:30 - 11:15 - Studio 1 Cycling	RPM VIRTUAL 10:00 - 10:50 - Studio 1 B.PUMP 10:30 - 11:20 - Studio 1	B. COMBAT VIRTUAL 10:30 - 11:15 - Studio 1 B.BALANCE VIRT 10:30 - 11:20 - Studio 2 HIIT 10:30 - 11:00 - Studio 1 RPM VIRTUAL 10:30 - 11:15 - Studio 1 Cycling	B.PUMP 10:30 - 11:25 - Studio 1	GRIT VIRTUAL 10:00 - 10:30 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1
11:00	KINESIS-CORE 11:30 - 12:15 - Studio 1 Fitness LM CORE VIRT. 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:20 - Studio 1 YOGA 11:30 - 12:30 - Studio 2	LES MILLS CORE 11:00 - 11:30 - Studio 1 PILATES 11:30 - 12:20 - Studio 2 RPM VIRTUAL 11:30 - 12:20 - Studio 1 Cycling	GLUTEUP 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:20 - Studio 1 YOGA 11:30 - 12:30 - Studio 2	PILATES 11:30 - 12:20 - Studio 2 RPM VIRTUAL 11:30 - 12:20 - Studio 1 Cycling	CARDIO-YOGA 11:30 - 12:25 - Studio 2 LM CORE VIRT. 11:30 - 11:50 - Studio 1 RPM VIRTUAL 11:30 - 12:20 - Studio 1 Cycling	B.BALANCE VIRTUAL 11:30 - 12:25 - Studio 2 CICLO INDOOR 11:30 - 12:15 - Studio 1 Cycling	RPM VIRTUAL 11:00 - 11:50 - Studio 1 B.BALANCE VIRTUAL 11:30 - 12:25 - Studio 2
12:00	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1	RPM VIRTUAL 12:30 - 13:15 - Studio 1 Cycling	B. COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 RPM VIRTUAL 12:30 - 13:20 - Studio 1 LM CORE VIRT. 13:00 - 13:30 - Studio 2
13:00	LM CORE VIRT. 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio 1 Cycling	GRIT VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio 1 LM CORE VIRT. 13:30 - 14:00 - Studio 1	LM CORE VIRT. 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio 1 Cycling	GRIT VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio 1 LM CORE VIRT. 13:30 - 14:00 - Studio 1	B. COMBAT VIRTUAL 13:00 - 13:55 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio 1 Cycling	LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:25 - Studio 1	LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
14:00	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	LM CORE VIRT. 14:00 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	LM CORE VIRT. 14:00 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2
	HIIT 14:00 - 14:30 - Fitness	B.BALANCE VIRT 14:30 - 15:20 - Studio 2	HIIT 14:00 - 14:30 - Fitness	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 2	B.BALANCE VIRT 14:30 - 15:25 - Studio 2	RPM VIRTUAL 14:00 - 14:45 - Studio <i>Cycling</i>	RPM VIRTUAL 14:00 - 14:50 - Studio <i>Cycling</i>
	LM CORE VIRT. 14:00 - 14:45 - Studio 1	B.PUMP 14:30 - 15:20 - Studio 1	B.BALANCE VIRT 14:30 - 15:15 - Studio 2	GRIT 14:30 - 15:00 - Studio 1	B.PUMP VIRTUAL 14:30 - 15:15 - Studio 1		
	B.ATTACK 14:30 - 15:20 - Studio 1	RPM VIRTUAL 14:30 - 15:20 - Studio <i>Cycling</i>	B.PUMP VIRTUAL 14:30 - 15:20 - Studio 1	RPM VIRTUAL 14:30 - 15:20 - Studio <i>Cycling</i>	RPM VIRTUAL 14:30 - 15:15 - Studio <i>Cycling</i>		
	B.PUMP VIRTUAL 14:30 - 15:20 - Studio 2		CICLO INDOOR 14:30 - 15:15 - Studio <i>Cycling</i>				
15:00	RPM VIRTUAL 14:30 - 15:20 - Studio ~ "						
	B.PUMP VIRTUAL 15:30 - 16:15 - Studio 1	GRIT VIRTUAL 15:30 - 16:00 - Studio 2	B.PUMP VIRTUAL 15:30 - 16:15 - Studio 1	LES MILLS CORE 15:00 - 15:30 - Studio 1	B.COMBAT VIRTUAL 15:30 - 16:20 - Studio 2	B. COMBAT VIRTUAL 15:00 - 15:55 - Studio 1	
16:00	LM CORE VIRT. 15:30 - 16:00 - Studio 2	RPM VIRTUAL 15:30 - 16:20 - Studio <i>Cycling</i>	LM CORE VIRT. 15:30 - 16:00 - Studio 2	GRIT VIRTUAL 15:30 - 16:00 - Studio 2	LM CORE VIRT. 15:30 - 16:00 - Studio 1	B.PUMP VIRTUAL 15:00 - 15:55 - Studio 2	
				RPM VIRTUAL 15:30 - 16:20 - Studio ~ "		RPM VIRTUAL 15:30 - 16:20 - Studio ~ "	
17:00	B.PUMP VIRTUAL 16:00 - 16:50 - Studio ~ "	B.PUMP VIRTUAL 16:00 - 16:50 - Studio 1	RPM VIRTUAL 16:00 - 16:50 - Studio <i>Cycling</i>	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Studio ~ "	LM CORE VIRT. 16:30 - 17:15 - Studio 1	
	GRIT VIRTUAL 16:30 - 17:00 - Studio 2	LM CORE VIRT. 16:30 - 17:00 - Studio 2		LM CORE VIRT. 16:30 - 17:00 - Studio 2	GRIT VIRTUAL 16:30 - 17:00 - Studio 1		
	B. COMBAT VIRTUAL 17:00 - 17:50 - Studio 1	B.COMBAT VIRTUAL 17:00 - 17:50 - Studio 1	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	B. COMBAT VIRTUAL 17:00 - 18:00 - Studio 1	LM CORE VIRT. 17:00 - 17:30 - Studio 1	B.BALANCE VIRTUAL 17:00 - 17:50 - Studio 2	
18:00	B.BALANCE 17:00 - 17:55 - Studio 2	RPM VIRTUAL 17:00 - 17:50 - Studio ~ "	RPM VIRTUAL 17:00 - 17:50 - Studio <i>Cycling</i>	RPM VIRTUAL 17:00 - 17:50 - Studio ~ "	RPM VIRTUAL 17:00 - 17:45 - <i>Cycling</i>	RPM VIRTUAL 17:00 - 17:45 - Studio 2	
	RPM VIRTUAL 17:00 - 17:50 - Studio ~ "	STRETCHING 17:00 - 17:45 - Studio 2		STRETCHING 17:00 - 17:45 - Studio 2			
18:00	B.PUMP 18:00 - 18:55 - Studio 1	B.BALANCE VIRTUAL 18:00 - 18:50 - Studio 2	B.PUMP 18:00 - 18:55 - Studio 1	CICLO INDOOR 18:00 - 18:45 - Studio ~ "	B.PUMP 18:00 - 18:50 - Studio 1	B.PUMP VIRTUAL 18:00 - 18:50 - Studio 1	
	PILATES 18:00 - 18:50 - Studio 2	CICLO INDOOR 18:00 - 18:45 - Studio ~ "	PILATES 18:00 - 18:50 - Studio 2	LES MILLS CORE 18:00 - 18:30 - Studio 2	RPM VIRTUAL 18:30 - 19:15 - Studio <i>Cycling</i>	RPM VIRTUAL 18:30 - 19:20 - Studio <i>Cycling</i>	
	RPM VIRTUAL 18:00 - 18:50 - Studio <i>Cycling</i>	LES MILLS CORE 18:00 - 18:30 - Studio 1	RPM VIRTUAL 18:00 - 18:50 - Studio <i>Cycling</i>	STRENGTH 18:00 - 18:55 - Studio 1 DEVELOPMENT GLUTEUP 30 18:30 - 19:00 - Studio 2			
19:00		GLUTEUP 30 18:30 - 19:00 - Studio 1					
	B.COMBAT 19:00 - 19:55 - Studio 1	B.PUMP 19:00 - 19:50 - Studio 1	B.ATTACK 19:00 - 19:50 - Studio 1	B.COMBAT 19:00 - 19:50 - Studio 1	B.BALANCE 19:00 - 19:50 - Studio 1	B. COMBAT VIRTUAL 19:00 - 19:50 - Studio 1	
	CICLO INDOOR 19:00 - 19:45 - Studio <i>Cycling</i>	HIIT 19:00 - 19:30 - Fitness	B.BALANCE 19:00 - 19:50 - Studio 2	HIIT 19:00 - 19:30 - Fitness	LM CORE VIRT. 19:30 - 20:00 - Studio 2	GRIT VIRTUAL 19:00 - 19:25 - Studio 2	
20:00		YOGA NIVEL 1 19:00 - 19:50 - Studio 2	RPM VIRTUAL 19:00 - 19:50 - Studio <i>Cycling</i>	YOGA NIVEL 1 19:00 - 19:50 - Studio 2			
		RPM VIRTUAL 19:30 - 20:20 - Studio ~ "		RPM VIRTUAL 19:30 - 20:20 - Studio ~ "			
	B.BALANCE VIRT 20:00 - 21:00 - Studio 2	STRENGTH 20:00 - 20:55 - Studio 1 DEVELOPMENT	CARDIO-YOGA 20:00 - 20:55 - Studio 2	B.PUMP 20:00 - 20:50 - Studio 1	CICLO INDOOR 20:00 - 20:45 - Studio ~ "		
	GRIT 20:00 - 20:30 - Studio 1	YOGA NIVEL 2 20:00 - 20:50 - Studio 2	CICLO INDOOR 20:00 - 20:45 - Studio ~ "	YOGA NIVEL 2 20:00 - 20:50 - Studio 2	B.COMBAT VIRTUAL 20:30 - 21:15 - Studio 1		
	LES MILLS CORE 20:30 - 21:00 - Studio 1	RPM VIRTUAL 20:30 - 21:20 - Studio <i>Cycling</i>	LM CORE VIRT. 20:00 - 20:30 - Studio 1	RPM VIRTUAL 20:30 - 21:20 - Studio <i>Cycling</i>	GRIT VIRTUAL 20:30 - 21:00 - Studio 2		
	RPM VIRTUAL 20:30 - 21:20 - Studio ~ "						
	YIN-YOGA 20:30 - 21:25 - Studio 2						

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
21:00	GRIT VIRTUAL 21:30 - 22:00 - Studio 1 RPM VIRTUAL 21:30 - 22:20 - Studio Cycling	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1 RPM VIRTUAL 21:30 - 22:20 - Studio Cycling	B.COMBAT VIRTUAL 21:30 - 22:15 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:20 - Studio Cycling	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1 RPM VIRTUAL 21:30 - 22:20 - Studio 2	GRIT VIRTUAL 21:30 - 22:00 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Studio Cycling		

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