

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	B.PUMP VIRTUAL 06:45 - 07:40 - Studio 1		B.BALANCE VIRT 06:45 - 07:40 - Studio 2 GRIT VIRTUAL 06:45 - 07:15 - Studio 1 RPM VIRTUAL 06:45 - 07:30 - Studio Cycling	GRIT VIRTUAL 06:45 - 07:15 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2 RPM VIRTUAL 06:45 - 07:30 - Cycling	B.PUMP VIRTUAL 06:45 - 07:40 - Studio 1		
07:00	RPM VIRTUAL 07:00 - 07:45 - Cycling				RPM VIRTUAL 07:00 - 07:45 - Studio ~ "		
08:00	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B. COMBAT VIRTUAL 08:30 - 09:25 - Studio 1 RPM VIRTUAL 08:30 - 09:15 - Cycling		GRIT VIRTUAL 08:00 - 08:30 - Studio 1 RPM VIRTUAL 08:30 - 09:15 - Studio Cycling	B. COMBAT VIRTUAL 08:00 - 08:55 - Studio 2 RPM VIRTUAL 08:15 - 09:05 - Studio ~ " B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B. COMBAT VIRTUAL 08:30 - 09:25 - Studio 1 B.BALANCE VIRT 08:30 - 09:25 - Studio 2 RPM VIRTUAL 08:30 - 09:15 - Studio ~ "		
09:00	LM CORE VIRT. 09:00 - 09:30 - Studio 2 B.PUMP 09:30 - 10:25 - Studio 1 RPM VIRTUAL 09:30 - 10:15 - Cycling		LM CORE VIRT. 09:00 - 09:30 - Studio 2 B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1 CYCLING 09:30 - 10:15 - Studio Cycling	B. COMBAT VIRTUAL 09:30 - 10:25 - Studio 1 B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2 HIIT 09:30 - 10:00 - Fitness RPM VIRTUAL 09:30 - 10:15 - Studio Cycling	B.PUMP VIRTUAL 09:30 - 10:25 - Studio 2 SPRINT 09:30 - 10:00 - Studio Cycling	RPM VIRTUAL 09:30 - 10:15 - Studio Cycling	RPM VIRTUAL 09:30 - 10:20 - Studio Cycling
10:00	CYCLING 10:30 - 11:15 - Cycling GRIT VIRTUAL 10:30 - 11:00 - Studio 2		B. COMBAT VIRTUAL 10:30 - 11:25 - Studio 1 B.BALANCE 10:30 - 11:25 - Studio 2 KINESIS-CORE 10:30 - 11:15 - Fitness RPM VIRTUAL 10:30 - 11:15 - Studio Cycling	B.PUMP 10:30 - 11:25 - Studio 1 RPM VIRTUAL 10:30 - 11:15 - Studio Cycling	ABDOMINALES 10:00 - 10:30 - Studio 1 B. COMBAT VIRTUAL 10:30 - 11:25 - Studio 1 B.BALANCE VIRTUAL 10:30 - 11:25 - Studio 2 HIIT 10:30 - 11:00 - Fitness RPM VIRTUAL 10:30 - 11:15 - Cycling	GRIT VIRTUAL 10:00 - 10:30 - Studio 2 B.PUMP 10:30 - 11:25 - Studio 1	GRIT VIRTUAL 10:00 - 10:30 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:25 - Studio 1
11:00	LM CORE VIRT. 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:25 - Studio 2		RPM VIRTUAL 11:30 - 12:15 - Studio ~ " YOGA 11:30 - 12:25 - Studio 2	PILATES 11:30 - 12:25 - Studio 2 RPM VIRTUAL 11:30 - 12:20 - Studio Cycling	CARDIO-YOGA 11:30 - 12:25 - Studio 2 LM CORE VIRT. 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Studio ~ "	B.BALANCE VIRT 11:30 - 12:25 - Studio 2 CYCLING 11:30 - 12:15 - Cycling	RPM VIRTUAL 11:00 - 11:50 - Studio ~ " B.BALANCE VIRT 11:30 - 12:25 - Studio 2
12:00	B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1		B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1	RPM VIRTUAL 12:30 - 13:15 - Studio Cycling	B. COMBAT VIRTUAL 12:00 - 12:55 - Studio 1 RPM VIRTUAL 12:30 - 13:20 - Studio ~ "
13:00	LM CORE VIRT. 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling		LM CORE VIRT. 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Studio Cycling	GRIT VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio ~ " LM CORE VIRT. 13:30 - 14:00 - Studio 1	B. COMBAT VIRTUAL 13:00 - 13:55 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Studio Cycling	LM CORE VIRT. 13:00 - 13:30 - Studio 2	LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:25 - 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 1		GRIT VIRTUAL 14:00 - 14:30 - Studio 2 HIIT 14:00 - 14:30 - Fitness B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1 CYCLING 14:30 - 15:15 - Cycling LM CORE VIRT. 14:30 - 15:15 - Studio 2 B.PUMP VIRTUAL 15:30 - 16:25 - Studio 1 LM CORE VIRT. 15:30 - 16:00 - Studio 2	LM CORE VIRT. 14:00 - 14:30 - Studio 2 B.PUMP VIRTUAL 14:30 - 15:25 - Studio 2 GRIT VIRTUAL 14:30 - 15:00 - Studio 1 HIIT 14:30 - 15:00 - Fitness RPM VIRTUAL 14:30 - 15:20 - Studio 1 ~ LM CORE VIRT. 15:00 - 15:30 - Studio 1 GRIT VIRTUAL 15:30 - 16:00 - Studio 2 RPM VIRTUAL 15:30 - 16:20 - Studio 1 ~ B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 B.BALANCE VIRTUAL 14:30 - 15:25 - Studio 2 B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Studio 1 Cycling	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 RPM VIRTUAL 14:00 - 14:45 - Studio 1 Cycling	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 RPM VIRTUAL 14:00 - 14:50 - Studio 1 Cycling
15:00					B.PUMP VIRTUAL 15:30 - 16:30 - Studio 2 LM CORE VIRT. 15:30 - 16:00 - Studio 1	B. COMBAT VIRTUAL 15:00 - 15:55 - Studio 1 B.PUMP VIRTUAL 15:00 - 15:55 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling	
16:00			RPM VIRTUAL 16:00 - 16:45 - Studio 1 Cycling	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2	RPM VIRTUAL 16:00 - 16:45 - Studio 1 ~ GRIT VIRTUAL 16:30 - 17:00 - Studio 1	LM CORE VIRT. 16:30 - 17:00 - Studio 1	
17:00			B. COMBAT VIRTUAL 17:00 - 17:55 - Studio 1 B.BALANCE VIRT 17:00 - 17:55 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Studio 1 ~ B.PUMP 18:00 - 18:55 - Studio 1 HIIT 18:00 - 18:30 - Fitness PILATES 18:00 - 18:55 - Studio 2 SPRINT 18:15 - 18:45 - Cycling B.ATTACK 19:00 - 19:55 - Studio 2 B.BALANCE 19:00 - 19:55 - Studio 2 RPM VIRTUAL 19:00 - 19:45 - Studio 1 Cycling	B.BALANCE VIRTUAL 17:00 - 17:55 - Studio 2 RPM VIRTUAL 17:00 - 17:50 - Studio 1 Cycling	SPRINT 17:30 - 18:00 - Cycling	B.BALANCE VIRT 17:00 - 17:55 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling	
18:00				ABDOMINALES 18:00 - 18:30 - Studio 1 CYCLING 18:00 - 18:45 - Cycling ZUMBA 18:00 - 18:55 - Studio 1 GLUTEUP 18:30 - 19:00 - Studio 1 B.PUMP 19:00 - 19:45 - Studio 1 HIIT 19:00 - 19:30 - Fitness YOGA 19:00 - 19:55 - Studio 2 B.COMBAT 19:45 - 20:30 - Studio 1	B.PUMP 18:00 - 18:55 - Studio 1 RPM VIRTUAL 18:00 - 18:45 - Cycling	B.PUMP VIRTUAL 18:00 - 18:55 - Studio 1 RPM VIRTUAL 18:30 - 19:15 - Cycling	
19:00					B.BALANCE 19:00 - 19:55 - Studio 1 RPM VIRTUAL 19:00 - 19:45 - Cycling LM CORE VIRT. 19:30 - 20:00 - Studio 2	B. COMBAT VIRTUAL 19:00 - 19:55 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2	
20:00			CARDIO-YOGA 20:00 - 20:55 - Studio 2 CYCLING 20:00 - 20:45 - Studio 1 Cycling	B.BALANCE VIRT 20:00 - 20:55 - Studio 2 RPM VIRTUAL 20:00 - 20:45 - Cycling YOGA 20:00 - 20:55 - Studio 2	RPM VIRTUAL 20:00 - 20:45 - Studio 1 ~ B. COMBAT VIRTUAL 20:30 - 21:25 - Studio 1 GRIT VIRTUAL 20:30 - 21:00 - Studio 2		
21:00			LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Studio 1 Cycling	RPM VIRTUAL 21:00 - 21:45 - Studio 1 ~ B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1	RPM VIRTUAL 21:00 - 21:45 - Cycling GRIT VIRTUAL 21:30 - 22:00 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2		

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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