

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	GRIT VIRTUAL 06:45 - 07:15 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2 RPM VIRTUAL 06:45 - 07:30 - Studio Cycling	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	B. COMBAT VIRTUAL 08:00 - 08:50 - Studio 2 RPM VIRTUAL 08:15 - 09:05 - Studio ~ " B.PUMP VIRTUAL 08:30 - 09:20 - Studio 1	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	B.BALANCE VIRTUAL 09:30 - 10:20 - Studio 2 B.COMBAT 09:30 - 10:25 - Studio 1 B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1	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 - 10:15 - Fitness RPM VIRTUAL 09:30 - 10:15 - Studio Cycling	B.PUMP VIRTUAL 09:30 - 10:25 - Studio 2 SPRINT 09:30 - 10:00 - 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 HIIT 10:30 - 11:00 - Fitness	RPM VIRTUAL 10:00 - 10:50 - Cycling GRIT 10:30 - 11:00 - Studio 1 STRETCHING 10:30 - 11:25 - 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 - 10:20 - Studio 1 B. COMBAT VIRTUAL 10:30 - 11:25 - Studio 1 B.BALANCE VIRTUAL 10:30 - 11:25 - Studio 2 HIIT 10:30 - 11:15 - 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	ABDOMINALES 11:00 - 11:30 - Studio 1 PILATES 11:30 - 12:25 - Studio 2 RPM VIRTUAL 11:30 - 12:20 - Studio ~ " B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1	GLUTEUP 11:30 - 12:00 - Studio 1 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 - Studio 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.COMBAT VIRTUAL 12:00 - 12:50 - 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	B. COMBAT VIRTUAL 12:00 - 12:55 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Studio ~ " LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:25 - Studio 1	B. COMBAT VIRTUAL 12:00 - 12:55 - Studio 1 RPM VIRTUAL 12:30 - 13:20 - Studio ~ " LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:25 - Studio 1
13:00	LM CORE VIRT. 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	GRIT VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Studio ~ " LM CORE VIRT. 13:30 - 14:00 - Studio 1	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		

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 VIRTUAL 14:30 - 15:25 - Studio 2	RPM VIRTUAL 14:00 - 14:45 - Studio Cycling	RPM VIRTUAL 14:00 - 14:50 - Studio Cycling
	LM CORE VIRT. 14:00 - 14:30 - Studio 1	B.PUMP 14:30 - 15:25 - Studio 1	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1	GRIT VIRTUAL 14:30 - 15:00 - Studio 1	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1		
	B.COMBAT VIRTUAL 14:30 - 15:00 - Studio 1	RPM VIRTUAL 14:30 - 15:20 - Studio Cycling	CYCLING 14:30 - 15:15 - Cycling	HIIT 14:30 - 15:15 - Fitness	RPM VIRTUAL 14:30 - 15:15 - Studio Cycling		
	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 2		LM CORE VIRT. 14:30 - 15:15 - Studio 2	RPM VIRTUAL 14:30 - 15:20 - Studio Cycling			
15:00	SPRINT 14:30 - 15:00 - Cycling						
	ABDOMINALES 15:00 - 15:20 - Studio 1	GRIT VIRTUAL 15:30 - 16:00 - Studio 2	B.PUMP VIRTUAL 15:30 - 16:25 - Studio 1	LM CORE VIRT. 15:00 - 15:30 - Studio 1	B.PUMP VIRTUAL 15:30 - 16:30 - Studio 2	B. COMBAT VIRTUAL 15:00 - 15:55 - Studio 1	
	B.PUMP VIRTUAL 15:30 - 16:25 - Studio 1	RPM VIRTUAL 15:30 - 16:20 - Studio Cycling	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	PUMP VIRTUAL 15:30 - 16:25 - Studio 2	
16:00	LM CORE VIRT. 15:30 - 16:00 - Studio 2			RPM VIRTUAL 15:30 - 16:20 - Studio Cycling		RPM VIRTUAL 15:30 - 16:00 - Cycling	
	RPM VIRTUAL 16:00 - 16:45 - Studio Cycling	B.PUMP VIRTUAL 16:00 - 16:50 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Studio Cycling	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Studio Cycling	LM CORE VIRT. 16:30 - 17:00 - Studio 1	
17:00	LM CORE VIRT. 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 - 17:55 - Studio 1	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	B. COMBAT VIRTUAL 17:00 - 17:55 - Studio 1	B.BALANCE VIRTUAL 17:00 - 17:55 - Studio 2	SPRINT 17:30 - 18:00 - Cycling	B.BALANCE VIRT 17:00 - 17:55 - Studio 2	
	B.BALANCE VIRT 17:00 - 17:55 - Studio 2	RPM VIRTUAL 17:00 - 17:50 - Studio Cycling	B.BALANCE VIRT 17:00 - 17:55 - Studio 2	RPM VIRTUAL 17:00 - 17:50 - Studio Cycling		RPM VIRTUAL 17:00 - 17:30 - Studio Cycling	
18:00	RPM VIRTUAL 17:00 - 17:45 - Studio Cycling		RPM VIRTUAL 17:00 - 17:45 - Studio Cycling				
	B.PUMP 18:00 - 18:55 - Studio 1	ABDOMINALES 18:00 - 18:30 - Studio 1	B.PUMP 18:00 - 18:55 - Studio 1	ABDOMINALES 18:00 - 18:30 - Studio 1	B.PUMP 18:00 - 18:55 - Studio 1	B.PUMP VIRTUAL 18:30 - 19:25 - Studio 1	
	PILATES 18:00 - 18:55 - Studio 2	CYCLING 18:00 - 18:45 - Cycling	HIIT 18:00 - 18:45 - Fitness	CYCLING 18:00 - 18:45 - Cycling	RPM VIRTUAL 18:00 - 18:45 - Cycling	RPM VIRTUAL 18:30 - 19:00 - Studio Cycling	
	SPRINT 18:15 - 18:45 - Cycling	HIIT 18:00 - 18:45 - Fitness	PILATES 18:00 - 18:55 - Studio 2	HIIT 18:00 - 18:45 - Fitness			
		ZUMBA 18:00 - 18:55 - Studio 1	SPRINT 18:15 - 18:45 - Cycling	ZUMBA 18:00 - 18:55 - Studio 1			
19:00		GLUTEUP 18:30 - 19:00 - Studio 1		GLUTEUP 18:30 - 19:00 - Studio 1			
	B.BALANCE 19:00 - 19:55 - Studio 2	B.PUMP 19:00 - 19:30 - Studio 1	B.ATTACK 19:00 - 19:55 - Studio 2	B.PUMP 19:00 - 19:45 - Studio 1	B.BALANCE 19:00 - 19:55 - Studio 1	B. COMBAT VIRTUAL 19:00 - 19:55 - Studio 1	
	B.COMBAT 19:00 - 19:55 - Studio 1	CYCLING 19:00 - 19:45 - Studio Cycling	B.BALANCE 19:00 - 19:55 - Studio 1	HIIT 19:00 - 19:45 - Fitness	RPM VIRTUAL 19:00 - 19:45 - Cycling	GRIT VIRTUAL 19:00 - 19:30 - Studio 2	
	CYCLING 19:00 - 19:45 - Cycling	HIIT 19:00 - 19:45 - Studio 1	HIIT 19:00 - 19:45 - Fitness	YOGA 19:00 - 19:55 - Studio 2	LM CORE VIRT. 19:30 - 20:00 - Studio 2		
		YOGA 19:00 - 19:55 - Studio 2	RPM VIRTUAL 19:00 - 19:45 - Studio Cycling	B.COMBAT 19:45 - 20:30 - Studio 1			
		B.ATTACK 19:30 - 20:00 - Studio 1					

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



HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	GRIT 20:00 - 20:30 - Studio 1 RPM VIRTUAL 20:00 - 20:30 - Studio 1 YOGA 20:00 - 20:55 - Studio 2 ABDOMINALES 20:30 - 20:50 - Studio 1	B.BALANCE 20:00 - 20:30 - Studio 1 YOGA 20:00 - 20:55 - Studio 2 RPM VIRTUAL 20:30 - 21:20 - Studio 1 Cycling	CYCLING 20:00 - 20:45 - Studio 1 YOGA 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	RPM VIRTUAL 21:00 - 21:45 - Studio 1 GRIT VIRTUAL 21:30 - 22:00 - Studio 1	RPM VIRTUAL 21:30 - 22:20 - Studio 1 Cycling	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.

Toda la Información
en nuestra web

www.yodiez.com

YO10 en
las Redes sociales

