

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	LM CORE VIRT. 06:45 - 07:15 - Studio 2	B.COMBAT VIRT.30 06:45 - 07:15 - Studio 1	RPM VIRTUAL 30 06:45 - 07:15 - Cycling	B.BALANCE VIRT.30 06:45 - 07:15 - Studio 2	LM CORE VIRT. 06:45 - 07:15 - Studio 2		
07:00	B.PUMP 07:00 - 07:45 - Studio 1	CYCLING 07:00 - 07:50 - Cycling	B.PUMP VIRTUAL 07:00 - 07:55 - Studio 1	CYCLING 07:00 - 07:50 - Cycling	GRIT 07:00 - 07:30 - Studio 1		
	B.BALANCE VIRTUAL 07:15 - 08:10 - Studio 2 RPM VIRTUAL 07:30 - 08:20 - Cycling	B.BALANCE VIRT.30 07:30 - 08:00 - Studio 2	YOGA 07:00 - 07:55 - Studio 2 RPM VIRTUAL 07:30 - 08:20 - Cycling	LM CORE VIRT. 07:15 - 07:45 - Studio 2	RPM VIRTUAL 07:00 - 07:50 - Cycling B.BALANCE VIRTUAL 07:30 - 08:25 - Studio 2 LES MILLS CORE 07:30 - 08:00 - Studio 1		
08:00	HIIT 08:00 - 08:30 - Fitness	LES MILLS CORE 08:00 - 08:30 - Studio 1	B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1	B.BALANCE VIRT.30 08:00 - 08:30 - Studio 2	REMO 08:00 - 08:30 - Fitness		
	B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1	RPM VIRTUAL 08:30 - 09:20 - Cycling	LM CORE VIRT. 08:30 - 09:00 - Studio 2	LES MILLS CORE 08:00 - 08:30 - Studio 1	RPM VIRTUAL 08:00 - 08:50 - Cycling		
	LM CORE VIRT. 08:30 - 09:00 - Studio 2 RPM VIRTUAL 08:30 - 09:20 - Cycling		RPM VIRTUAL 08:30 - 09:20 - Cycling	RPM VIRTUAL 08:00 - 08:50 - Cycling LM CORE VIRT. 08:30 - 09:00 - Studio 2	B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1		
09:00	B.PUMP 09:30 - 10:15 - Studio 1	B.COMBAT VIRT.30 09:00 - 09:30 - Studio 1	B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2	RPM VIRTUAL 30 09:00 - 09:30 - Cycling	LM CORE VIRT. 09:00 - 09:30 - Studio 2	LM CORE VIRT. 09:30 - 10:00 - Studio 1	B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1
	RPM VIRTUAL 09:30 - 10:20 - Cycling	FUNCIONAL 09:30 - 10:00 - Fitness	LES MILLS CORE 09:30 - 10:00 - Studio 1	LES MILLS TONE 09:30 - 10:20 - Studio 1	RPM VIRTUAL 09:00 - 09:50 - Cycling	RPM VIRTUAL 09:30 - 10:20 - Cycling	RPM VIRTUAL 09:30 - 10:20 - Cycling
10:00		YOGA 09:30 - 10:25 - Studio 2	RPM VIRTUAL 09:30 - 10:20 - Cycling	YOGA 09:30 - 10:25 - Studio 2	B.PUMP 09:30 - 10:15 - Studio 1		
	PILATES 10:00 - 10:55 - Studio 2	LES MILLS CORE 10:00 - 10:30 - Studio 1	REMO 10:00 - 10:30 - Fitness	KINESIS-CORE 10:00 - 10:30 - Fitness	PILATES 10:00 - 10:55 - Studio 2	SH'BAM VIRTUAL 10:00 - 10:45 - Studio 2	B.BALANCE VIRTUAL 10:00 - 10:55 - Studio 2
	CICLO XPRESS 10:30 - 11:00 - Cycling	RPM VIRTUAL 10:00 - 10:50 - Cycling	ZUMBA 10:00 - 10:55 - Studio 1	B.PUMP COACH 10:30 - 11:25 - Studio 1	CYCLING 10:30 - 11:20 - Cycling	B.PUMP 10:30 - 11:15 - Studio 1	B.COMBAT VIRTUAL 10:30 - 11:25 - Studio 1
11:00		B.PUMP 10:30 - 11:25 - Studio 1	CYCLING 10:30 - 11:20 - Cycling	CICLO XPRESS 10:30 - 11:00 - Cycling	LM CORE VIRT. 10:30 - 11:00 - Studio 1	RPM VIRTUAL 10:30 - 11:20 - Cycling	RPM VIRTUAL 10:30 - 11:20 - Cycling
	GRIT 11:00 - 11:30 - Studio 1	B.BALANCE VIRTUAL 11:00 - 11:55 - Studio 2	PILATES 11:00 - 11:55 - Studio 2	B.BALANCE VIRTUAL 11:00 - 11:55 - Studio 2	RPM VIRTUAL 30 11:30 - 12:00 - Cycling	B.BALANCE VIRTUAL 11:30 - 12:25 - Studio 2	LM CORE VIRT. 11:00 - 11:30 - Studio 2
	SH'BAM VIRTUAL 11:00 - 11:45 - Studio 2 RPM VIRTUAL 30 11:30 - 12:00 - Cycling	RPM VIRTUAL 30 11:00 - 11:30 - Cycling	LM CORE VIRT. 11:30 - 12:00 - Studio 1 RPM VIRTUAL 30 11:30 - 12:00 - Cycling	RPM VIRTUAL 11:30 - 12:20 - Cycling	SH'BAM VIRTUAL 11:30 - 12:15 - Studio 2	CYCLING 11:30 - 12:20 - Cycling	REMO 11:00 - 11:30 - Fitness RPM VIRTUAL 30 11:30 - 12:00 - Cycling ZUMBA 11:30 - 12:25 - Studio 1
12:00	B.COMBAT VIRTUAL 12:00 - 12:55 - Studio 1	B.PUMP VIRTUAL 12:00 - 12:55 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:55 - Studio 1	SH'BAM VIRTUAL 12:00 - 12:45 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:55 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:55 - Studio 1	LM CORE VIRT. 12:00 - 12:30 - Studio 2
	B.BALANCE VIRTUAL 12:30 - 13:25 - Studio 2	RPM VIRTUAL 12:00 - 12:50 - Cycling	B.BALANCE VIRTUAL 12:30 - 13:25 - Studio 2	LM CORE VIRT. 12:30 - 13:00 - Studio 2	B.BALANCE VIRTUAL 12:30 - 13:25 - Studio 2	LES MILLS CORE 12:30 - 13:00 - Studio 2	KINESIS-CORE 12:30 - 13:00 - Fitness
	RPM VIRTUAL 12:30 - 13:20 - Cycling	LM CORE VIRT. 12:30 - 13:00 - Studio 2	RPM VIRTUAL 12:30 - 13:20 - Cycling		RPM VIRTUAL 12:30 - 13:20 - Cycling	RPM VIRTUAL 12:30 - 13:20 - Cycling	RPM VIRTUAL 30 12:30 - 13:00 - Cycling B.PUMP VIRTUAL 12:45 - 13:40 - Studio 1
13:00	LM CORE VIRT. 13:30 - 14:00 - Studio 1	RPM VIRTUAL 30 13:00 - 13:30 - Cycling	RPM VIRTUAL 30 13:30 - 14:00 - Cycling	B.PUMP VIRTUAL 13:00 - 13:55 - Studio 1	LM CORE VIRT. 13:30 - 14:00 - Studio 1	B.PUMP VIRTUAL 13:00 - 13:55 - Studio 1	LM CORE VIRT. 13:00 - 13:30 - Studio 2
	RPM VIRTUAL 30 13:30 - 14:00 - Cycling	B.COMBAT VIRTUAL 13:30 - 14:25 - Studio 2 LM CORE VIRT. 13:30 - 14:00 - Studio 1	SH'BAM VIRTUAL 13:30 - 14:15 - Studio 1	RPM VIRTUAL 30 13:00 - 13:30 - Cycling B.BALANCE VIRTUAL 13:30 - 14:25 - Studio 2	RPM VIRTUAL 30 13:30 - 14:00 - Cycling	HIIT 13:00 - 13:30 - Fitness LM CORE VIRT. 13:30 - 14:00 - Studio 2 RPM VIRTUAL 30 13:30 - 14:00 - Cycling	RPM VIRTUAL 13:00 - 13:50 - Cycling

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
14:00	B.PUMP VIRTUAL 14:00 - 14:55 - Studio 1	HIIT 14:00 - 14:30 - Fitness	B.COMBAT VIRTUAL 14:00 - 14:55 - Studio 2	KINESIS-CORE 14:00 - 14:30 - Fitness	YOGA 14:00 - 14:55 - Studio 2	RPM VIRTUAL 30 14:00 - 14:30 - Cycling	
	KINESIS-CORE 14:00 - 14:30 - Fitness	RPM VIRTUAL 14:00 - 14:50 - Cycling	REMO 14:00 - 14:30 - Fitness	RPM VIRTUAL 14:00 - 14:30 - Cycling	B.PUMP 30 14:30 - 15:00 - Studio 1	SH'BAM VIRTUAL 14:30 - 15:15 - Studio 2	
	SH'BAM VIRTUAL 14:00 - 14:55 - Studio 2	B.PUMP 30 14:30 - 15:00 - Studio 1	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1	GRIT 14:30 - 15:00 - Studio 1	RPM VIRTUAL 14:30 - 15:20 - Cycling		
	CICLO XPRESS 14:30 - 15:00 - Cycling		CYCLING 14:30 - 15:20 - Cycling				
15:00	LM CORE VIRT. 15:00 - 15:30 - Studio 1	LES MILLS CORE 15:00 - 15:30 - Studio 1	B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2	B.COMBAT VIRTUAL 15:00 - 15:55 - Studio 2	LES MILLS CORE 15:00 - 15:30 - Studio 1	B.COMBAT VIRTUAL 15:00 - 15:55 - Studio 1	
	REMO 15:00 - 15:30 - Fitness	RPM VIRTUAL 15:00 - 15:50 - Cycling	RPM VIRTUAL 15:30 - 16:20 - Cycling	CICLO XPRESS 15:00 - 15:30 - Cycling	RPM VIRTUAL 15:30 - 16:20 - Cycling	RPM VIRTUAL 15:00 - 15:50 - Cycling	
	B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2			LM CORE VIRT. 15:30 - 16:00 - Studio 1			
	RPM VIRTUAL 15:30 - 16:20 - Cycling						
16:00	B.COMBAT VIRTUAL 16:00 - 16:55 - Studio 1	B.PUMP VIRTUAL 16:00 - 16:55 - Studio 1	B.COMBAT VIRTUAL 16:00 - 16:55 - Studio 1	B.PUMP VIRTUAL 16:00 - 16:55 - Studio 1	LM CORE VIRT. 16:00 - 16:30 - Studio 2	B.BALANCE VIRTUAL 16:00 - 16:55 - Studio 2	
	RPM VIRTUAL 16:30 - 17:20 - Cycling	RPM VIRTUAL 30 16:00 - 16:30 - Cycling	RPM VIRTUAL 16:30 - 17:20 - Cycling	RPM VIRTUAL 30 16:00 - 16:30 - Cycling	B.COMBAT VIRTUAL 16:30 - 17:25 - Studio 1	RPM VIRTUAL 16:00 - 16:50 - Cycling	
		SH'BAM VIRTUAL 16:30 - 17:15 - Studio 2		SH'BAM VIRTUAL 16:30 - 17:15 - Studio 2	RPM VIRTUAL 16:30 - 17:20 - Cycling	LM CORE VIRT. 16:30 - 17:00 - Studio 1	
17:00	LM CORE VIRT. 17:00 - 17:30 - Studio 2	LM CORE VIRT. 17:00 - 17:30 - Studio 1	LM CORE VIRT. 17:00 - 17:30 - Studio 2	LM CORE VIRT. 17:00 - 17:30 - Studio 1	B.BALANCE VIRTUAL 17:00 - 17:55 - Studio 2	LM CORE VIRT. 17:00 - 17:30 - Studio 2	
	B.BALANCE VIRTUAL 17:30 - 18:25 - Studio 2	RPM VIRTUAL 17:00 - 17:50 - Cycling	B.COMBAT VIRTUAL 17:30 - 18:25 - Studio 2	RPM VIRTUAL 17:00 - 17:50 - Cycling	REMO 17:30 - 18:00 - Fitness	RPM VIRTUAL 17:00 - 17:50 - Cycling	
	DANCE 17:30 - 18:25 - Studio 1	B.BALANCE 17:30 - 18:25 - Studio 2	SH'BAM VIRTUAL 17:30 - 18:15 - Studio 1	PILATES 17:30 - 18:25 - Studio 2	RPM VIRTUAL 17:30 - 18:20 - Cycling	B.PUMP VIRTUAL 17:30 - 18:25 - Studio 1	
	CICLO XPRESS 18:00 - 18:30 - Cycling	LES MILLS TONE 18:00 - 18:45 - Studio 1	CICLO XPRESS 18:00 - 18:30 - Cycling	LES MILLS TONE 18:00 - 18:45 - Studio 1	B.PUMP 30 18:00 - 18:30 - Studio 1	RPM VIRTUAL 30 18:00 - 18:30 - Cycling	
18:00	KINESIS-CORE 18:00 - 18:30 - Fitness	REMO 18:00 - 18:30 - Fitness	KINESIS-CORE 18:00 - 18:30 - Fitness	REMO 18:00 - 18:30 - Fitness	SH'BAM VIRTUAL 18:00 - 18:45 - Studio 2	SH'BAM VIRTUAL 18:00 - 18:45 - Studio 2	
	PILATES 18:30 - 19:25 - Studio 2	RPM VIRTUAL 18:00 - 18:50 - Cycling	B.BALANCE VIRT.30 18:30 - 19:00 - Studio 2	RPM VIRTUAL 18:00 - 18:50 - Cycling	LES MILLS CORE 18:30 - 19:00 - Studio 1	LM CORE VIRT. 18:30 - 19:00 - Studio 1	
		LES MILLS CORE 18:30 - 19:00 - Studio 2	B.PUMP COACH 18:30 - 19:25 - Studio 1		RPM VIRTUAL 18:30 - 19:20 - Cycling		
19:00	B.PUMP 19:00 - 19:55 - Studio 1	B.COMBAT 19:00 - 19:55 - Studio 1	CYCLING 19:00 - 19:50 - Cycling	B.BALANCE 19:00 - 19:55 - Studio 2	B.COMBAT 19:00 - 19:55 - Studio 1	B.COMBAT VIRT.30 19:00 - 19:30 - Studio 1	
	RPM VIRTUAL 19:00 - 19:50 - Cycling	FUNCIONAL 19:00 - 19:30 - Fitness	LM CORE VIRT. 19:30 - 20:00 - Studio 1	FUNCIONAL 19:00 - 19:30 - Fitness	HIIT 19:00 - 19:30 - Fitness	RPM VIRTUAL 19:00 - 19:50 - Cycling	
	LES MILLS CORE 19:30 - 20:00 - Studio 2	CYCLING 19:30 - 20:20 - Cycling	PILATES 19:30 - 20:25 - Studio 2	LM CORE VIRT. 19:00 - 19:30 - Studio 1	CYCLING 19:30 - 20:20 - Cycling		
	REMO 19:30 - 20:00 - Fitness		REMO 19:30 - 20:00 - Fitness	CYCLING 19:30 - 20:20 - Cycling	YOGA 19:30 - 20:25 - Studio 2		
				GRIT 19:30 - 20:00 - Studio 1			

HORARIO de actividades dirigidas

Centro

YO10
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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	B.ATTACK 20:00 - 20:50 - Studio 1	DANCE 20:00 - 20:55 - Studio 2	B.COMBAT 20:00 - 20:55 - Studio 1	ZUMBA 20:00 - 20:55 - Studio 2	B.PUMP VIRTUAL 20:30 - 21:25 - Studio 1		
	HIIT 20:00 - 20:30 - Fitness	GRIT 20:00 - 20:30 - Studio 1	HIIT 20:00 - 20:30 - Fitness	B.PUMP COACH 20:30 - 21:25 - Studio 1	MEDITACION 20:30 - 21:00 - Studio 2		
	YOGA 20:00 - 20:55 - Studio 2	KINESIS-CORE 20:00 - 20:30 - Fitness	RPM VIRTUAL 20:30 - 21:20 - Cycling	REMO 20:30 - 21:00 - Fitness	RPM VIRTUAL 20:30 - 21:20 - Cycling		
	CYCLING 20:30 - 21:20 - Cycling	B.PUMP 20:30 - 21:25 - Studio 1	YOGA 20:30 - 21:25 - Studio 2	RPM VIRTUAL 30 20:30 - 21:00 - Cycling			
	KINESIS-CORE 20:30 - 21:00 - Fitness	CICLO XPRESS 20:30 - 21:00 - Cycling					
21:00	GRIT 21:00 - 21:30 - Studio 1	LM CORE VIRT. 21:00 - 21:30 - Studio 2	RPM VIRTUAL 30 21:30 - 22:00 - Cycling	LM CORE VIRT. 21:00 - 21:30 - Studio 2	LM CORE VIRT. 21:30 - 22:00 - Studio 1		
	MEDITACION 21:00 - 21:30 - Studio 2	RPM VIRTUAL 21:30 - 22:20 - Cycling	B.PUMP VIRTUAL 30 21:45 - 22:15 - Studio 1	RPM VIRTUAL 21:30 - 22:20 - Cycling	RPM VIRTUAL 30 21:30 - 22:00 - Cycling		
	RPM VIRTUAL 30 21:30 - 22:00 - Cycling	B.COMBAT VIRT.30 21:45 - 22:15 - Studio 1		B.COMBAT VIRT.30 21:45 - 22:15 - Studio 1			
	LM CORE VIRT. 21:45 - 22:15 - 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

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las Redes sociales

