

# HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	CXWORX VIRTUAL 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	CXWORX VIRTUAL 06:45 - 07:15 - Studio 2		
07:00	B.PUMP 07:00 - 07:45 - Studio 1	CYCLING 07:00 - 07:50 - Cycling	B.BALANCE VIRTUAL 07:00 - 07:55 - Studio 2	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 - 08:15 - Cycling	B.PUMP VIRTUAL 07:30 - 08:25 - Studio 1	B.PUMP VIRTUAL 07:00 - 07:55 - Studio 1 RPM VIRTUAL 07:30 - 08:20 - Cycling	CXWORX VIRTUAL 07:15 - 07:45 - Studio 2 B.PUMP VIRTUAL 07:30 - 08:25 - Studio 1	RPM VIRTUAL 07:00 - 07:50 - Cycling B.BALANCE VIRTUAL 07:30 - 08:25 - Studio 2 CXWORX 07:30 - 08:00 - Studio 1		
08:00	B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1 CXWORX VIRTUAL 08:30 - 09:00 - Studio 2 RPM VIRTUAL 08:30 - 09:15 - Cycling	CXWORX VIRTUAL 08:00 - 08:30 - Studio 2 RPM VIRTUAL 08:00 - 08:50 - Cycling B.PUMP VIRTUAL 08:30 - 09:25 - Studio 1	B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1 CXWORX VIRTUAL 08:30 - 09:00 - Studio 2 RPM VIRTUAL 08:30 - 09:20 - Cycling	CXWORX VIRTUAL 08:00 - 08:30 - Studio 2 RPM VIRTUAL 08:00 - 08:50 - Cycling B.PUMP VIRTUAL 08:30 - 09:25 - Studio 1	RPM VIRTUAL 08:00 - 08:50 - Cycling B.COMBAT VIRTUAL 08:15 - 09:10 - Studio 1		
	B.PUMP 09:30 - 10:15 - Studio 1	RPM VIRTUAL 09:00 - 09:50 - Cycling	B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1	RPM VIRTUAL 09:00 - 09:50 - Cycling	B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1	RPM VIRTUAL 09:30 - 10:20 - Cycling	RPM VIRTUAL 09:30 - 10:20 - Cycling
09:00	RPM VIRTUAL 09:30 - 10:15 - Cycling	FUNCIONAL 09:30 - 10:00 - Fitness YOGA 09:30 - 10:25 - Studio 2	RPM VIRTUAL 09:30 - 10:20 - Cycling ZUMBA 09:30 - 10:25 - Studio 2	FUNCIONAL 09:30 - 10:00 - Fitness YOGA 09:30 - 10:25 - Studio 2	CYCLING 09:30 - 10:20 - Cycling		
10:00	CYCLING 10:30 - 11:20 - Cycling PILATES 10:30 - 11:25 - Studio 2	CXWORX 10:00 - 10:30 - Studio 1 RPM VIRTUAL 10:00 - 10:50 - Cycling B.PUMP 10:30 - 11:25 - Studio 1	CYCLING 10:30 - 11:20 - Cycling PILATES 10:30 - 11:25 - Studio 2	CXWORX 10:00 - 10:30 - Studio 1 RPM VIRTUAL 10:00 - 10:50 - Cycling B.PUMP 10:30 - 11:25 - Studio 1	B.BALANCE 10:30 - 11:25 - Studio 2 CXWORX VIRTUAL 10:30 - 11:00 - Studio 1	RPM VIRTUAL 10:30 - 11:20 - Cycling	RPM VIRTUAL 10:30 - 11:20 - Cycling
	CXWORX 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:00 - Cycling	RPM VIRTUAL 11:00 - 11:50 - Cycling HIIT 11:30 - 12:00 - Fitness SALUD ACTIVA 11:30 - 12:25 - Studio 2	B.PUMP 11:30 - 12:25 - Studio 1 RPM VIRTUAL 11:30 - 12:20 - Cycling	RPM VIRTUAL 11:00 - 11:50 - Cycling HIIT 11:30 - 12:00 - Fitness SALUD ACTIVA 11:30 - 12:25 - Studio 2	B.COMBAT VIRTUAL 11:00 - 11:55 - Studio 1 RPM VIRTUAL 11:30 - 12:20 - Cycling	CYCLING 11:30 - 12:20 - Cycling	RPM VIRTUAL 11:30 - 12:20 - Cycling
12:00	B.BALANCE VIRTUAL 12:00 - 12:55 - Studio 2 B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Cycling	BOXEO 12:00 - 12:55 - Studio 1 CYCLING 12:30 - 13:20 - Cycling	B.BALANCE VIRTUAL 12:00 - 12:55 - Studio 2 RPM VIRTUAL 12:30 - 13:20 - Cycling	B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1 CYCLING 12:30 - 13:20 - Cycling	B.BALANCE VIRTUAL 12:00 - 12:55 - Studio 2 B.COMBAT VIRTUAL 12:30 - 13:25 - Studio 1 RPM VIRTUAL 12:30 - 13:20 - Cycling	RPM VIRTUAL 12:30 - 13:20 - Cycling	RPM VIRTUAL 12:30 - 13:20 - Cycling
	CXWORX VIRTUAL 13:00 - 13:30 - Studio 2 CXWORX VIRTUAL 13:30 - 14:00 - Studio 1 RPM VIRTUAL 13:30 - 14:20 - Cycling	CXWORX VIRTUAL 13:00 - 13:30 - Studio 2 B.COMBAT VIRTUAL 13:30 - 14:25 - Studio 2 CXWORX VIRTUAL 13:30 - 14:00 - Studio 1	CXWORX VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:30 - 14:20 - Cycling	CXWORX VIRTUAL 13:00 - 13:30 - Studio 2 B.COMBAT VIRTUAL 13:30 - 14:25 - Studio 2 CXWORX VIRTUAL 13:30 - 14:00 - Studio 1	CXWORX VIRTUAL 13:00 - 13:30 - Studio 2 CXWORX VIRTUAL 13:30 - 14:00 - Studio 1 RPM VIRTUAL 13:30 - 14:20 - Cycling	HIIT 13:00 - 13:30 - Fitness RPM VIRTUAL 13:30 - 14:20 - Cycling	RPM VIRTUAL 13:30 - 14:20 - Cycling

# HORARIO de actividades dirigidas

Centro

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
14:00	CXWORX VIRTUAL 14:00 - 14:30 - Studio 2	HIIT 14:00 - 14:30 - Fitness	CXWORX VIRTUAL 14:00 - 14:30 - Studio 2	KINESIS-CORE 14:00 - 14:30 - Fitness	B.BALANCE VIRTUAL 14:00 - 14:55 - Studio 2	RPM VIRTUAL 14:30 - 15:20 - Cycling	
	KINESIS-CORE 14:00 - 14:30 - Fitness	RPM VIRTUAL 14:00 - 14:50 - Cycling	GRIT 14:00 - 14:30 - Studio 1	RPM VIRTUAL 14:00 - 14:50 - Cycling	B.PUMP 14:30 - 15:15 - Studio 1		
	B.COMBAT 14:30 - 15:25 - Studio 1	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		
	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 2		CYCLING 14:30 - 15:20 - Cycling				
15:00	RPM VIRTUAL 14:30 - 15:20 - Cycling		YOGA 14:30 - 15:25 - Studio 2				
	B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2	CXWORX 15:00 - 15:30 - Studio 1	B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2	B.COMBAT VIRTUAL 15:00 - 15:55 - Studio 2	RPM VIRTUAL 15:30 - 16:20 - Cycling	RPM VIRTUAL 15:30 - 16:20 - Cycling	
16:00	RPM VIRTUAL 15:30 - 16:15 - Cycling	RPM VIRTUAL 15:00 - 15:50 - Cycling	RPM VIRTUAL 15:30 - 16:20 - Cycling	SPRINT 15:00 - 15:30 - Cycling			
	B.PUMP VIRTUAL 16:00 - 16:55 - Studio 1	B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2		CXWORX VIRTUAL 15:30 - 16:00 - Studio 1			
17:00	RPM VIRTUAL 16:30 - 17:15 - Cycling	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	CXWORX VIRTUAL 16:00 - 16:30 - Studio 2	RPM VIRTUAL 16:30 - 17:20 - Cycling	
		RPM VIRTUAL 16:00 - 16:50 - Cycling	RPM VIRTUAL 16:30 - 17:20 - Cycling	RPM VIRTUAL 16:00 - 16:50 - Cycling	B.COMBAT VIRTUAL 16:30 - 17:25 - Studio 1		
18:00	B.PUMP VIRTUAL 16:30 - 17:15 - 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		
	RPM VIRTUAL 17:30 - 18:20 - Cycling	RPM VIRTUAL 17:00 - 17:50 - Cycling	CXWORX VIRTUAL 17:00 - 17:30 - Studio 2	RPM VIRTUAL 17:00 - 17:50 - Cycling	RPM VIRTUAL 17:30 - 18:20 - Cycling	RPM VIRTUAL 17:30 - 18:20 - Cycling	
19:00	ZUMBA 17:30 - 18:25 - Studio 1	B.BALANCE 17:30 - 18:25 - Studio 2	RPM VIRTUAL 17:30 - 18:20 - Cycling	PILATES 17:30 - 18:25 - Studio 1	YOGA 17:30 - 18:25 - Studio 2		
		B.PUMP VIRTUAL 17:30 - 18:25 - Studio 1	SALUD ACTIVA 17:30 - 18:25 - Studio 2				
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	B.PUMP 30 18:00 - 18:30 - Studio 1	RPM VIRTUAL 18:30 - 19:20 - Cycling	
	CXWORX VIRTUAL 18:30 - 19:00 - Studio 1	RPM VIRTUAL 18:00 - 18:50 - Cycling	CYCLING 18:30 - 19:20 - Cycling	RPM VIRTUAL 18:00 - 18:50 - Cycling	CXWORX 18:30 - 19:00 - Studio 1		
	CYCLING 18:30 - 19:20 - Cycling	CXWORX 18:30 - 19:00 - Studio 1	PILATES 18:30 - 19:25 - Studio 2	GRIT 18:30 - 19:00 - Studio 1	RPM VIRTUAL 18:30 - 19:20 - Cycling		
	PILATES 18:30 - 19:25 - Studio 2						
19:00	B.PUMP 19:00 - 19:55 - Studio 1	B.COMBAT 19:00 - 19:55 - Studio 1	B.PUMP 19:00 - 19:55 - Studio 1	B.COMBAT 19:00 - 19:55 - Studio 1	B.COMBAT 19:00 - 19:55 - Studio 1		
	CXWORX 19:30 - 20:00 - Studio 2	ZUMBA 19:00 - 19:55 - Studio 2	CXWORX 19:30 - 20:00 - Studio 2	KINESIS-CORE 19:00 - 19:30 - Fitness	BALLET FIT 19:00 - 19:55 - Studio 2		
	REMO 19:30 - 20:00 - Fitness	CYCLING 19:30 - 20:20 - Cycling	RPM VIRTUAL 19:30 - 20:20 - Cycling	ZUMBA 19:00 - 19:55 - Studio 2	HIIT 19:00 - 19:30 - Fitness		
	RPM VIRTUAL 19:30 - 20:20 - Cycling	KINESIS-CORE 19:30 - 20:00 - Fitness		CYCLING 19:30 - 20:20 - Cycling	CYCLING 19:30 - 20:20 - Cycling		

# HORARIO de actividades dirigidas

Centro

**YO10**  
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	<b>B.ATTACK</b> 20:00 - 20:45 - Studio 1	<b>B.BALANCE</b> 20:00 - 20:55 - Studio 2	<b>B.ATTACK</b> 20:00 - 20:45 - Studio 1	<b>B.BALANCE</b> 20:00 - 20:55 - Studio 2	<b>B.PUMP VIRTUAL</b> 20:30 - 21:25 - Studio 1		
	<b>HIIT</b> 20:00 - 20:30 - Fitness	<b>GRIT</b> 20:00 - 20:30 - Studio 1	<b>HIIT</b> 20:00 - 20:30 - Fitness	<b>CXWORX</b> 20:00 - 20:30 - Studio 1	<b>RPM VIRTUAL</b> 20:30 - 21:20 - Cycling		
	<b>YOGA</b> 20:00 - 20:55 - Studio 2	<b>B.PUMP</b> 20:30 - 21:25 - Studio 1	<b>YOGA</b> 20:00 - 20:55 - Studio 2	<b>B.PUMP</b> 20:30 - 21:25 - Studio 1			
	<b>CYCLING</b> 20:30 - 21:20 - Cycling	<b>REMO</b> 20:30 - 21:00 - Fitness	<b>REMO</b> 20:30 - 21:00 - Fitness	<b>RPM VIRTUAL</b> 20:30 - 21:20 - Cycling			
21:00	<b>BOXEO</b> 21:00 - 21:55 - Studio 1	<b>CXWORX VIRTUAL</b> 21:00 - 21:30 - Studio 2	<b>BOXEO</b> 21:00 - 21:55 - Studio 1	<b>CXWORX VIRTUAL</b> 21:30 - 22:00 - Studio 2	<b>CXWORX VIRTUAL</b> 21:30 - 22:00 - Studio 1		
	<b>CXWORX VIRTUAL</b> 21:30 - 22:00 - Studio 2	<b>RPM VIRTUAL</b> 21:30 - 22:20 - Cycling	<b>RPM VIRTUAL</b> 21:30 - 22:20 - Cycling	<b>RPM VIRTUAL</b> 21:30 - 22:20 - Cycling	<b>RPM VIRTUAL</b> 21:30 - 22:20 - Cycling		
	<b>RPM VIRTUAL</b> 21:30 - 22:20 - Cycling	<b>B.COMBAT VIRT.30</b> 21:45 - 22:15 - Studio 1		<b>B.COMBAT VIRT.30</b> 21:45 - 22:15 - Studio 1			