

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2		
08:00	YOGA 08:00 - 08:50 - ST1 YOGA LIVE 08:00 - 08:50 - ST1	B.PUMP 08:00 - 08:50 - ST1 BODYPUMP LIVE 08:00 - 08:50 - ST1	PILATES 08:00 - 08:50 - ST1 PILATES LIVE 08:00 - 08:50 - ST1	LM CORE VIRT. 08:00 - 08:30 - ST1	PUMP VIRTUAL 08:00 - 08:50 - ST1		
09:00	B. COMBAT VIRTUAL 09:00 - 09:50 - ST1 RPM VIRTUAL 09:00 - 09:50 - ST2	RPM VIRTUAL 09:00 - 09:50 - ST2 B. COMBAT VIRTUAL 09:30 - 10:20 - ST1	RPM VIRTUAL 09:00 - 09:50 - ST2 SH'BAM VIRTUAL 09:00 - 09:50 - ST1	PUMP VIRTUAL 09:00 - 09:50 - ST1 RPM VIRTUAL 09:00 - 09:50 - ST2	RPM VIRTUAL 09:00 - 09:50 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1 RPM VIRTUAL 09:30 - 10:20 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1 RPM VIRTUAL 09:30 - 10:20 - ST2
10:00	B.PUMP 10:30 - 11:20 - ST1 BODYPUMP LIVE 10:30 - 11:20 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2 LM CORE VIRT. 11:30 - 12:00 - ST1 SMART CYCLING 11:30 - 12:20 - ST2	RPM VIRTUAL 10:30 - 11:20 - ST2 YOGA 10:30 - 11:20 - ST1 YOGA LIVE 10:30 - 11:20 - ST1 B.COMBAT 11:30 - 12:20 - ST1 BODYCOMBAT LIVE 11:30 - 12:20 - ST1	B.PUMP 10:30 - 11:20 - ST1 BODYPUMP LIVE 10:30 - 11:20 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2 B.BALANCE 11:30 - 12:20 - ST1 BODYBALANCE LIVE 11:30 - 12:20 - ST1	CORE 10:30 - 11:00 - ST1 CORE LIVE 10:30 - 11:00 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2 B.ATTACK 30 11:00 - 11:30 - ST1 BODYATTACK LIVE 11:00 - 11:30 - ST1 B. COMBAT VIRTUAL 11:30 - 12:20 - ST1 SMART CYCLING 11:30 - 12:20 - ST2	B. COMBAT VIRTUAL 10:00 - 10:50 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2 HIIT 11:30 - 12:00 - ST1 HIIT LIVE 11:30 - 12:00 - ST1	PUMP VIRTUAL 11:30 - 12:20 - ST1 RPM VIRTUAL 11:30 - 12:20 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1 RPM VIRTUAL 09:30 - 10:20 - ST2 B.BALANCE VIRT 10:30 - 11:20 - ST1 PUMP VIRTUAL 11:30 - 12:20 - ST1 RPM VIRTUAL 11:30 - 12:20 - ST2
12:00	AQUA GYM 12:30 - 13:20 - AQA SH'BAM VIRTUAL 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQA RPM VIRTUAL 12:30 - 13:20 - ST2 ZUMBA 12:30 - 13:20 - ST1 ZUMBA LIVE 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQA B. COMBAT VIRTUAL 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQA SH'BAM VIRTUAL 12:30 - 13:20 - ST1	CORE 12:00 - 12:30 - ST1 CORE LIVE 12:00 - 12:30 - ST1 AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA B. COMBAT VIRTUAL 12:30 - 13:20 - ST1	AQUA GYM 12:00 - 12:50 - AQA LM CORE VIRT. 12:30 - 13:00 - ST1 RPM VIRTUAL 12:30 - 13:20 - ST2
13:00	PUMP VIRTUAL 13:30 - 14:20 - ST1	LM CORE VIRT. 13:30 - 14:00 - ST1	SMART CYCLING 13:30 - 14:20 - ST2	RPM VIRTUAL 13:30 - 14:20 - ST2	PUMP VIRTUAL 13:30 - 14:20 - ST1	LM CORE VIRT. 13:30 - 14:00 - ST1 RPM VIRTUAL 13:30 - 14:20 - ST2	
15:00	LM CORE VIRT. 15:00 - 15:45 - ST1 RPM VIRTUAL 15:00 - 15:50 - ST2	PUMP VIRTUAL 15:00 - 15:50 - ST1 RPM VIRTUAL 15:00 - 15:50 - ST2	LM CORE VIRT. 15:00 - 15:50 - ST1 RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	
16:00	PUMP VIRTUAL 16:30 - 17:20 - ST1 RPM VIRTUAL 16:30 - 17:20 - ST2	SH'BAM VIRTUAL 16:30 - 17:20 - ST1	B.BALANCE VIRT 16:30 - 17:20 - ST1 RPM VIRTUAL 16:30 - 17:20 - ST2	RPM VIRTUAL 16:30 - 17:20 - ST2	RPM VIRTUAL 16:30 - 17:20 - ST2	SH'BAM VIRTUAL 16:30 - 17:20 - ST1	
18:00	B.ATTACK 18:00 - 18:50 - ST1 BODYATTACK LIVE 18:00 - 18:50 - ST1	B.BALANCE 18:00 - 18:50 - ST1 BODYBALANCE LIVE 18:00 - 18:50 - ST1	PUMP VIRTUAL 18:00 - 18:50 - ST1 RPM VIRTUAL 18:00 - 18:50 - ST2	B.PUMP 18:00 - 18:50 - ST1 BODYPUMP LIVE 18:00 - 18:50 - ST1 RPM VIRTUAL 18:00 - 18:50 - ST2	ZUMBA 18:00 - 18:50 - ST1 ZUMBA LIVE 18:00 - 18:50 - ST1	PUMP VIRTUAL 18:00 - 18:50 - ST1	

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:00	AQUA GYM 19:00 - 19:50 - AQA B. COMBAT VIRTUAL 19:00 - 19:50 - ST1 SMART CYCLING 19:00 - 19:50 - ST2	AQUA GYM 19:00 - 19:50 - AQA PUMP VIRTUAL 19:00 - 19:50 - ST1 SMART CYCLING 19:00 - 19:50 - ST2	AQUA GYM 19:00 - 19:50 - AQA PILATES 19:00 - 19:50 - ST1 PILATES LIVE 19:00 - 19:50 - ST1 RPM VIRTUAL 19:00 - 19:50 - ST2	AQUA GYM 19:00 - 19:50 - AQA CORE 19:00 - 19:30 - ST1 CORE LIVE 19:00 - 19:30 - ST1 RPM VIRTUAL 19:00 - 19:50 - ST2 HIIT 19:30 - 20:00 - ST1 HIIT LIVE 19:30 - 20:00 - ST1	B.PUMP 19:00 - 19:50 - ST1 BODYPUMP LIVE 19:00 - 19:50 - ST1	B.COMBAT VIRT.30 19:00 - 19:30 - ST1	
20:00	B.PUMP 20:00 - 20:50 - ST1 BODYPUMP LIVE 20:00 - 20:50 - ST1	RPM VIRTUAL 20:00 - 20:50 - ST2 ZUMBA 20:00 - 20:50 - ST1 ZUMBA LIVE 20:00 - 20:50 - ST1	B.COMBAT 20:00 - 20:50 - ST1 BODYCOMBAT LIVE 20:00 - 20:50 - ST1 RPM VIRTUAL 20:00 - 20:50 - ST2	YOGA 20:00 - 20:50 - ST1 YOGA LIVE 20:00 - 20:50 - ST1 SMART CYCLING 20:30 - 21:20 - ST2	B. COMBAT VIRTUAL 20:00 - 20:50 - ST1		
21:00	LM CORE VIRT. 21:00 - 21:50 - ST1	B.BALANCE VIRT 21:00 - 21:50 - ST1	LM CORE VIRT. 21:00 - 21:50 - ST1				

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

