

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	B.PUMP 06:45 - 07:30 - Studio 1	LM CORE VIRT. 06:45 - 07:15 - Studio 2	B.BALANCE VIRTUAL 06:45 - 07:30 - Studio 2	LM CORE VIRT. 06:45 - 07:15 - Studio 2	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1		
	REMO VIRTUAL 06:45 - 07:00 - Fitness	REMO VIRTUAL 06:45 - 07:00 - Fitness	CYCLING 06:45 - 07:30 - Cycling	REMO VIRTUAL 06:45 - 07:00 - Fitness	REMO VIRTUAL 06:45 - 07:00 - Fitness		
07:00	RPM VIRTUAL 07:00 - 07:45 - Cycling		GRIT VIRTUAL 06:45 - 07:15 - Studio 1	RPM VIRTUAL 06:45 - 07:30 - Cycling			
		RPM VIRTUAL 06:45 - 07:30 - Cycling	REMO VIRTUAL 06:45 - 07:00 - Fitness				
08:00	GRIT VIRTUAL 08:00 - 08:30 - Studio 1	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2	GRIT VIRTUAL 08:00 - 08:25 - Studio 1	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2	GRIT VIRTUAL 08:00 - 08:30 - Studio 1		
	RPM VIRTUAL 08:30 - 09:10 - Cycling	RPM VIRTUAL 08:15 - 09:00 - Cycling	RPM VIRTUAL 08:30 - 09:15 - Cycling	RPM VIRTUAL 08:15 - 09:00 - Cycling	B.BALANCE VIRTUAL 08:30 - 09:15 - Studio 2		
09:00	LM CORE VIRT. 09:00 - 09:20 - Studio 2	B.COMBAT VIRTUAL 09:30 - 10:15 - Studio 1	LM CORE VIRT. 09:00 - 09:20 - Studio 2	B.COMBAT VIRTUAL 08:30 - 09:15 - Studio 1	RPM VIRTUAL 08:30 - 09:15 - Cycling		
	B.PUMP 09:30 - 10:15 - Studio 1	REMO VIRTUAL 09:30 - 09:45 - Fitness	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1	RPM VIRTUAL 09:30 - 10:15 - Cycling	RPM VIRTUAL 09:30 - 10:15 - Cycling
10:00	REMO VIRTUAL 09:30 - 09:45 - Fitness	REMO VIRTUAL 09:30 - 09:45 - Fitness	CYCLING 09:30 - 10:15 - Cycling	REMO VIRTUAL 09:30 - 09:45 - Fitness	REMO VIRTUAL 09:30 - 09:45 - Fitness	REMO VIRTUAL 09:45 - 10:00 - Fitness	REMO VIRTUAL 09:45 - 10:00 - Fitness
			REMO VIRTUAL 09:30 - 09:45 - Fitness				
11:00	CYCLING 10:30 - 11:15 - Cycling	RPM VIRTUAL 10:00 - 10:45 - Cycling	GRIT VIRTUAL 10:30 - 11:00 - Studio 1	RPM VIRTUAL 10:00 - 10:45 - Cycling	B.BALANCE VIRTUAL 10:30 - 11:15 - Studio 2	GRIT VIRTUAL 10:00 - 10:25 - Studio 2	GRIT VIRTUAL 10:00 - 10:25 - Studio 2
	GRIT VIRTUAL 10:30 - 10:55 - Studio 2	GRIT 10:30 - 11:00 - Studio 1	PILATES 10:30 - 11:20 - Studio 2	B.PUMP 10:30 - 11:20 - Studio 1	CYCLING 10:30 - 11:15 - Cycling	B.PUMP 10:30 - 11:20 - Studio 1	B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1
12:00		PUMP VIRTUAL 10:30 - 11:20 - Studio 2	RPM VIRTUAL 10:30 - 11:15 - Cycling				
	B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2	LES MILLS CORE 11:00 - 11:30 - Studio 1	LM CORE VIRT. 11:00 - 11:30 - Studio 1	RPM VIRTUAL 11:30 - 12:15 - Cycling	LM CORE VIRT. 11:30 - 11:50 - Studio 1	B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2	RPM VIRTUAL 11:00 - 11:45 - Cycling
13:00	LM CORE VIRT. 11:30 - 11:50 - Studio 1	RPM VIRTUAL 11:30 - 12:15 - Cycling	RPM VIRTUAL 11:30 - 12:15 - Cycling	YOGA 11:30 - 12:20 - Studio 2	RPM VIRTUAL 11:30 - 12:15 - Cycling	CYCLING 11:30 - 12:15 - Cycling	B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2
	RPM VIRTUAL 11:30 - 12:15 - Cycling	YOGA 11:30 - 12:20 - Studio 2	ZUMBA 11:30 - 12:20 - Studio 2		YOGA 11:30 - 12:20 - Studio 2	REMO VIRTUAL 11:30 - 11:45 - Fitness	REMO VIRTUAL 11:30 - 11:45 - Fitness
14:00	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1
	REMO VIRTUAL 12:30 - 12:45 - Fitness	REMO VIRTUAL 12:30 - 12:45 - Fitness	REMO VIRTUAL 12:30 - 12:45 - Fitness	REMO VIRTUAL 12:30 - 12:45 - Fitness	REMO VIRTUAL 12:30 - 12:45 - Fitness	RPM VIRTUAL 12:30 - 13:15 - Cycling	RPM VIRTUAL 12:30 - 13:15 - Cycling
15:00	LM CORE VIRT. 13:00 - 13:20 - Studio 2	GRIT VIRTUAL 13:00 - 13:25 - Studio 2	LM CORE VIRT. 13:00 - 13:20 - Studio 2	GRIT VIRTUAL 13:00 - 13:25 - Studio 2	B.COMBAT VIRTUAL 13:00 - 13:45 - Studio 2	LM CORE VIRT. 13:00 - 13:20 - Studio 2	LM CORE VIRT. 13:00 - 13:20 - Studio 2
	RPM VIRTUAL 13:00 - 13:45 - Cycling	RPM VIRTUAL 13:00 - 13:45 - Cycling	RPM VIRTUAL 13:00 - 13:45 - Cycling	RPM VIRTUAL 13:00 - 13:45 - Cycling	RPM VIRTUAL 13:00 - 13:45 - Cycling	REMO VIRTUAL 13:00 - 13:15 - Fitness	REMO VIRTUAL 13:00 - 13:15 - Fitness
16:00		LM CORE VIRT. 13:30 - 13:50 - Studio 1		LM CORE VIRT. 13:30 - 13:50 - Studio 1		B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1	B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1

HORARIO de actividades dirigidas

Centro

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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 - 14:25 - Studio 2	GRIT VIRTUAL 14:00 - 14:25 - Studio 2
	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	RPM VIRTUAL 14:00 - 14:45 - Cycling	RPM VIRTUAL 14:00 - 14:45 - Cycling
	B. ATTACK 14:30 - 15:20 - Studio 1	B. BALANCE VIRTUAL 14:30 - 15:15 - Studio 2	B. BALANCE VIRTUAL 14:30 - 15:15 - Studio 2	B. COMBAT VIRTUAL 14:30 - 15:15 - Studio 2	B. BALANCE VIRTUAL 14:30 - 15:15 - Studio 2		
	B. PUMP VIRTUAL 14:30 - 15:15 - Studio 2	B. PUMP 14:30 - 15:15 - Studio 1	B. PUMP VIRTUAL 14:30 - 15:15 - Studio 1	GRIT 14:30 - 15:00 - Studio 1	B. PUMP VIRTUAL 14:30 - 15:15 - Studio 1		
15:00	RPM VIRTUAL 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:30 - 15:15 - Cycling	CYCLING 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:30 - 15:15 - Cycling		
	B. PUMP VIRTUAL 15:30 - 16:15 - Studio 1	GRIT VIRTUAL 15:30 - 16:00 - Studio 2	B. PUMP VIRTUAL 15:30 - 16:15 - Studio 1	LES MILLS CORE 15:00 - 15:30 - Studio 1	B. COMBAT VIRTUAL 15:30 - 16:15 - Studio 2	B. COMBAT VIRTUAL 15:00 - 15:45 - Studio 1	
	LM CORE VIRT. 15:30 - 16:00 - Studio 2	RPM VIRTUAL 15:30 - 16:15 - 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	B. PUMP VIRTUAL 15:00 - 15:45 - Studio 2	
				RPM VIRTUAL 15:30 - 16:15 - Cycling		RPM VIRTUAL 15:30 - 16:15 - Cycling	
16:00	RPM VIRTUAL 16:00 - 16:45 - Cycling	B. PUMP VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Cycling	B. PUMP VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Cycling		
	GRIT VIRTUAL 16:30 - 17:00 - Studio 2	LM CORE VIRT. 16:30 - 17:00 - Studio 2	GRIT VIRTUAL 16:30 - 17:00 - Studio 2	LM CORE VIRT. 16:30 - 17:00 - Studio 2	GRIT VIRTUAL 16:30 - 17:00 - Studio 1		
	REMO VIRTUAL 16:30 - 16:45 - Fitness	REMO VIRTUAL 16:30 - 16:45 - Fitness	REMO VIRTUAL 16:30 - 16:45 - Fitness	REMO VIRTUAL 16:30 - 16:45 - Fitness	REMO VIRTUAL 16:30 - 16:45 - Fitness		
	B. COMBAT VIRTUAL 17:00 - 17:45 - Studio 2	GRIT VIRTUAL 17:00 - 17:25 - Studio 2	B. COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	GRIT VIRTUAL 17:00 - 17:25 - Studio 2	B. COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	B. BALANCE VIRTUAL 17:00 - 17:45 - Studio 2	
17:00	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	
	B. BALANCE VIRTUAL 17:30 - 18:15 - Studio 2	B. COMBAT VIRTUAL 17:30 - 18:15 - Studio 1	B. BALANCE VIRTUAL 17:30 - 18:15 - Studio 2	B. COMBAT VIRTUAL 17:30 - 18:15 - Studio 1		REMO VIRTUAL 17:30 - 17:45 - Fitness	
	REMO VIRTUAL 18:00 - 18:15 - Fitness	REMO VIRTUAL 18:00 - 18:15 - Fitness	REMO VIRTUAL 18:00 - 18:15 - Fitness	REMO VIRTUAL 18:00 - 18:15 - Fitness		B. PUMP VIRTUAL 18:00 - 18:45 - Studio 1	
	B. PUMP 18:30 - 19:20 - Studio 1	B. PUMP VIRTUAL 18:30 - 19:15 - Studio 1	B. PUMP 18:30 - 19:15 - Studio 1	B. PUMP VIRTUAL 18:30 - 19:15 - Studio 1	B. BALANCE VIRTUAL 18:00 - 18:45 - Studio 2	RPM VIRTUAL 18:30 - 19:15 - Cycling	
18:00	RPM VIRTUAL 18:30 - 19:15 - Cycling	CYCLING 18:30 - 19:15 - Cycling	RPM VIRTUAL 18:30 - 19:15 - Cycling	CYCLING 18:30 - 19:15 - Cycling	REMO VIRTUAL 18:00 - 18:15 - Fitness		
	YOGA 18:30 - 19:20 - Studio 2	PILATES 18:30 - 19:20 - Studio 2	YOGA 18:30 - 19:20 - Studio 2	PILATES 18:30 - 19:20 - Studio 2	B. PUMP 18:30 - 19:15 - Studio 1		
	B. COMBAT 19:30 - 20:20 - Studio 1	B. COMBAT 19:30 - 20:15 - Studio 1	B. BALANCE VIRTUAL 19:30 - 20:15 - Studio 2	B. COMBAT 19:30 - 20:15 - Studio 1	RPM VIRTUAL 18:30 - 19:15 - Cycling		
	CYCLING 19:30 - 20:15 - Cycling	RPM VIRTUAL 19:30 - 20:15 - Cycling	B. COMBAT VIRTUAL 19:30 - 20:15 - Studio 1	LM CORE VIRT. 19:30 - 20:00 - Studio 2	B. BALANCE 19:30 - 20:20 - Studio 2	B. COMBAT VIRTUAL 19:00 - 19:45 - Studio 1	
19:00		ZUMBA 19:30 - 20:20 - Studio 2	CYCLING 19:30 - 20:15 - Cycling	RPM VIRTUAL 19:30 - 20:15 - Cycling	LM CORE VIRT. 19:30 - 20:00 - Studio 1	GRIT VIRTUAL 19:00 - 19:30 - Studio 2	
			HIIT 19:30 - 20:00 - Fitness		RPM VIRTUAL 19:30 - 20:15 - Cycling		
	B. BALANCE VIRTUAL 20:00 - 20:45 - Studio 2	B. PUMP 20:30 - 21:20 - Studio 1	B. PUMP VIRTUAL 20:30 - 21:15 - Studio 2	B. BALANCE VIRTUAL 20:30 - 21:15 - Studio 2	B. COMBAT VIRTUAL 20:30 - 21:15 - Studio 1		
	GRIT 20:30 - 21:00 - Studio 1	REMO VIRTUAL 20:30 - 20:45 - Fitness	LES MILLS CORE 20:30 - 21:00 - Studio 1	B. PUMP 20:30 - 21:20 - Studio 1	GRIT VIRTUAL 20:30 - 21:00 - Studio 2		
20:00	REMO VIRTUAL 20:30 - 20:45 - Fitness	RPM VIRTUAL 20:30 - 21:15 - Cycling	REMO VIRTUAL 20:30 - 20:45 - Fitness	REMO VIRTUAL 20:30 - 20:45 - Fitness	REMO VIRTUAL 20:30 - 20:45 - Fitness		
	RPM VIRTUAL 20:30 - 21:15 - Cycling	YOGA 20:30 - 21:20 - Studio 2	RPM VIRTUAL 20:30 - 21:15 - Cycling	RPM VIRTUAL 20:30 - 21:15 - Cycling	RPM VIRTUAL 20:30 - 21:15 - Cycling		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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HORARIO de actividades dirigidas

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
21:00	LES MILLS CORE 21:00 - 21:30 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Cycling	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1 RPM VIRTUAL 21:30 - 22:15 - Cycling	B.COMBAT VIRTUAL 21:30 - 22:15 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Cycling	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1 RPM VIRTUAL 21:30 - 22:15 - Cycling	GRIT VIRTUAL 21:30 - 22:00 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Cycling		

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