

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CICLO INDOOR VIR 07:30 - 08:20 - ST2	CICLO INDOOR VIR 07:30 - 08:20 - ST2	CICLO INDOOR VIR 07:30 - 08:20 - ST2	CICLO INDOOR VIR 07:30 - 08:20 - ST2	CICLO INDOOR VIR 07:30 - 08:20 - ST2		
08:00	PILATES 08:00 - 08:50 - ST1	B.PUMP 08:00 - 08:50 - ST1	PILATES 08:00 - 08:50 - ST1	B.PUMP VIRTUAL 08:00 - 08:50 - ST1	LM CORE VIRT. 08:00 - 08:45 - ST1		
09:00	CICLO INDOOR VIR 08:30 - 09:20 - ST2 B. COMBAT VIRTUAL 09:00 - 09:50 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2	CICLO INDOOR VIR 08:30 - 09:20 - ST2 LM CORE VIRT. 09:00 - 09:45 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2	CICLO INDOOR VIR 08:30 - 09:20 - ST2 B. COMBAT VIRTUAL 09:00 - 09:50 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2	CICLO INDOOR VIR 08:30 - 09:20 - ST2 B.BALANCE VIRT 09:00 - 09:50 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2	CICLO INDOOR VIR 08:30 - 09:20 - ST2 B. COMBAT VIRTUAL 09:00 - 09:50 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2	B.PUMP VIRTUAL 09:30 - 10:20 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2
10:00	B.PUMP 10:30 - 11:20 - ST1	B.BALANCE 10:30 - 11:20 - ST1 CICLO INDOOR VIR 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST1 CICLO INDOOR VIR 10:30 - 11:20 - ST2	CORE 10:30 - 11:00 - ST1	B.PUMP VIRTUAL 10:30 - 11:20 - ST1 CICLO INDOOR VIR 10:30 - 11:20 - ST2	B. COMBAT VIRTUAL 10:30 - 11:20 - ST1 CICLO INDOOR VIR 10:30 - 11:20 - ST2	B.PUMP VIRTUAL 10:30 - 11:20 - ST1 CICLO INDOOR VIR 10:30 - 11:20 - ST2
11:00	CICLO INDOOR 11:30 - 12:20 - ST2	B.COMBAT 11:30 - 12:20 - ST1	B.BALANCE 11:30 - 12:20 - ST1	B.ATTACK 30 11:00 - 11:30 - ST1 CICLO INDOOR 11:30 - 12:20 - ST2	ZUMBA 11:30 - 12:20 - ST1	LM CORE VIRT. 11:30 - 12:20 - ST1	LM CORE VIRT. 11:30 - 12:20 - ST1
12:00	ZUMBA 12:00 - 12:50 - ST1 AQUA GYM 12:30 - 13:20 - AQUA CICLO INDOOR VIR 12:30 - 13:20 - ST2	AQUA GYM 12:30 - 13:20 - AQUA CICLO INDOOR VIR 12:30 - 13:20 - ST2 GIMNASIA SUAVE 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQUA CICLO INDOOR VIR 12:30 - 13:20 - ST2	AQUA GYM 12:30 - 13:20 - AQUA CICLO INDOOR VIR 12:30 - 13:20 - ST2 GIMNASIA SUAVE 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQUA CICLO INDOOR VIR 12:30 - 13:20 - ST2	AQUA GYM 12:30 - 13:20 - AQUA B.PUMP VIRTUAL 12:30 - 13:20 - ST1 CICLO INDOOR VIR 12:30 - 13:20 - ST2	AQUA GYM 12:00 - 12:50 - AQUA B.PUMP VIRTUAL 12:30 - 13:20 - ST1 CICLO INDOOR VIR 12:30 - 13:20 - ST2
13:00	CICLO INDOOR VIR 13:30 - 14:20 - ST2	B.PUMP 13:30 - 14:20 - ST1 CICLO INDOOR VIR 13:30 - 14:20 - ST2	CICLO INDOOR 13:30 - 14:20 - ST2	CICLO INDOOR VIR 13:30 - 14:20 - ST2	CICLO INDOOR VIR 13:30 - 14:20 - ST2	B. COMBAT VIRTUAL 13:30 - 14:20 - ST1 CICLO INDOOR VIR 13:30 - 14:20 - ST2	
14:00	CICLO INDOOR VIR 14:30 - 15:20 - ST2	CICLO INDOOR VIR 14:30 - 15:20 - ST2	CICLO INDOOR VIR 14:30 - 15:20 - ST2	CICLO INDOOR VIR 14:30 - 15:20 - ST2	CICLO INDOOR VIR 14:30 - 15:20 - ST2	CICLO INDOOR VIR 14:30 - 15:20 - ST2 LM CORE VIRT. 14:30 - 15:20 - ST1	
15:00	B.PUMP VIRTUAL 15:00 - 15:50 - ST1 CICLO INDOOR VIR 15:30 - 16:20 - ST2	B. COMBAT VIRTUAL 15:00 - 15:50 - ST1 CICLO INDOOR VIR 15:30 - 16:20 - ST2	B.PUMP VIRTUAL 15:00 - 15:50 - ST1 CICLO INDOOR VIR 15:30 - 16:20 - ST2	B. COMBAT VIRTUAL 15:00 - 15:50 - ST1 CICLO INDOOR VIR 15:30 - 16:20 - ST2	B.PUMP VIRTUAL 15:00 - 15:50 - ST1 CICLO INDOOR VIR 15:30 - 16:20 - ST2	B.BALANCE VIRTUAL 15:30 - 16:20 - ST1 CICLO INDOOR VIR 15:30 - 16:20 - ST2	
16:00	B. COMBAT VIRTUAL 16:00 - 16:50 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	PUMP VIRTUAL 16:00 - 16:50 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	B. COMBAT VIRTUAL 16:00 - 16:50 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	PUMP VIRTUAL 16:00 - 16:50 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	B. COMBAT VIRTUAL 16:00 - 16:50 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	B.PUMP VIRTUAL 16:30 - 17:20 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	
17:00	B.PUMP VIRTUAL 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	LM CORE VIRT. 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	B.PUMP VIRTUAL 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	LM CORE VIRT. 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	B.PUMP VIRTUAL 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	B. COMBAT VIRTUAL 17:30 - 18:20 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	
18:00	YOGA 18:00 - 18:50 - ST1	B.BALANCE 18:00 - 18:50 - ST1		B.PUMP 18:00 - 18:50 - ST1 CICLO INDOOR VIR 18:30 - 19:20 - ST2	YOGA 18:00 - 18:50 - ST1 CICLO INDOOR VIR 18:30 - 19:20 - ST2	B.PUMP VIRTUAL 18:30 - 19:20 - ST1	
19:00	AQUA GYM 19:00 - 19:50 - AQUA CICLO INDOOR 19:00 - 19:50 - ST2	AQUA GYM 19:00 - 19:50 - AQUA B.COMBAT 19:00 - 19:50 - ST1 CICLO INDOOR 19:00 - 19:50 - ST2	AQUA GYM 19:00 - 19:50 - AQUA PILATES 19:00 - 19:50 - ST1 CICLO INDOOR 19:30 - 20:20 - ST2	AQUA GYM 19:00 - 19:50 - AQUA CORE 19:00 - 19:30 - ST1 HIIT 19:30 - 20:00 - ST1	B.PUMP 19:00 - 19:50 - ST1		

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	B.PUMP 20:00 - 20:50 - ST1	ZUMBA 20:00 - 20:50 - ST1 CICLO INDOOR 20:30 - 21:20 - ST2	B.COMBAT 20:00 - 20:50 - ST1	CICLO INDOOR 20:30 - 21:20 - ST2	CICLO INDOOR 20:00 - 20:50 - ST2		
21:00	B. COMBAT VIRTUAL 21:00 - 21:50 - ST1	B.PUMP VIRTUAL 21:00 - 21:50 - ST1	B.PUMP VIRTUAL 21:00 - 21:50 - ST1	B. COMBAT VIRTUAL 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

YO10 en
las Redes sociales

