

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1	GRIT 06:45 - 07:15 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2 RPM VIRTUAL 06:45 - 07:30 - Cycling	B.BALANCE VIRTUAL 06:45 - 07:30 - Studio 2 GRIT VIRTUAL 06:45 - 07:15 - Studio 1 RPM VIRTUAL 06:45 - 07:30 - Cycling	CYCLING 06:45 - 07:30 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1		
07:00	RPM VIRTUAL 07:00 - 07:45 - Cycling				RPM VIRTUAL 07:00 - 07:45 - Cycling		
08:00	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 RPM VIRTUAL 08:30 - 09:10 - Cycling	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2 RPM VIRTUAL 08:15 - 09:00 - Cycling B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:25 - Studio 1 RPM VIRTUAL 08:30 - 09:15 - Cycling	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2 RPM VIRTUAL 08:15 - 09:00 - Cycling B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B.BALANCE VIRTUAL 08:30 - 09:15 - Studio 2 RPM VIRTUAL 08:30 - 09:15 - Cycling		
09:00	LM CORE VIRT. 09:00 - 09:20 - Studio 2 B.PUMP 09:30 - 10:25 - Studio 1 RPM VIRTUAL 09:30 - 10:25 - Cycling	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2 B.COMBAT 09:30 - 10:25 - Studio 1	LM CORE VIRT. 09:00 - 09:20 - Studio 2 B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1 CYCLING 09:30 - 10:20 - Cycling	B.ATTACK 09:30 - 10:15 - Studio 1 B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1 CYCLING 09:30 - 10:15 - Cycling	RPM VIRTUAL 09:30 - 10:15 - Cycling	RPM VIRTUAL 09:30 - 10:15 - Cycling
10:00	CYCLING 10:30 - 11:20 - Cycling GLUTEUP 30 10:30 - 11:00 - Studio 1 GRIT VIRTUAL 10:30 - 10:55 - Studio 2	RPM VIRTUAL 10:00 - 10:45 - Cycling GRIT 10:30 - 11:00 - Studio 1 PUMP VIRTUAL 10:30 - 11:20 - Studio 2	B.BALANCE VIRTUAL 10:30 - 11:25 - Studio 2 KINESIS-CORE 10:30 - 11:15 - Fitness P13FIT 10:30 - 11:25 - Studio 1 RPM VIRTUAL 10:30 - 11:15 - Cycling	RPM VIRTUAL 10:00 - 10:45 - Cycling B.PUMP 10:30 - 11:25 - Studio 1	B. COMBAT VIRTUAL 10:30 - 11:15 - Studio 1 B.BALANCE 10:30 - 11:25 - Studio 2 RPM VIRTUAL 10:30 - 11:25 - Cycling	GRIT VIRTUAL 10:00 - 10:30 - Studio 2 B.PUMP 10:30 - 11:25 - Studio 1	GRIT VIRTUAL 10:00 - 10:55 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1
11:00	KINESIS-CORE 11:30 - 12:00 - Fitness LM CORE VIRT. 11:30 - 11:50 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:30 - Studio 2	LES MILLS CORE 11:00 - 11:30 - Studio 1 PILATES 11:30 - 12:30 - Studio 2	GLUTEUP 30 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:30 - Studio 2	B.COMBAT VIRTUAL 11:30 - 12:25 - Studio 1 PILATES 11:30 - 12:30 - Studio 2 RPM VIRTUAL 11:30 - 12:15 - Cycling	B.BALANCE VIRT 11:30 - 12:15 - Studio 2 HIIT 11:30 - 12:15 - Fitness LM CORE VIRT. 11:30 - 11:50 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling	B.BALANCE VIRTUAL 11:30 - 12:25 - Studio 2 CYCLING 11:30 - 12:15 - Cycling	RPM VIRTUAL 11:00 - 11:45 - Cycling B.BALANCE VIRTUAL 11:30 - 12:25 - Studio 2
12:00	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1	B. ATTACK VIRTUAL 12:00 - 12:45 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1		B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1	B. COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Cycling	B. COMBAT VIRTUAL 12:30 - 13:15 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Cycling
13:00	LM CORE VIRT. 13:00 - 13:20 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	GRIT VIRTUAL 13:00 - 13:25 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling LM CORE VIRT. 13:30 - 13:50 - Studio 1	LM CORE VIRT. 13:00 - 13:20 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	GRIT VIRTUAL 13:00 - 13:25 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling LM CORE VIRT. 13:30 - 14:00 - Studio 1	B.COMBAT VIRTUAL 13:00 - 13:45 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1	LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
14:00	GLUTEUP 30 14:00 - 14:30 - Studio 1	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 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2
	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2	HIIT 14:00 - 14:30 - Fitness	B.COMBAT VIRTUAL 14:30 - 15:15 - Studio 2	B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2	RPM VIRTUAL 14:00 - 14:45 - Cycling	RPM VIRTUAL 14:00 - 14:45 - Cycling
	B.ATTACK 14:30 - 15:15 - Studio 1	B.PUMP 14:30 - 15:15 - Studio 1	B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2	GRIT 14:30 - 15:00 - Studio 1	B.PUMP VIRTUAL 14:30 - 15:15 - Studio 1		
	B.PUMP VIRTUAL 14:30 - 15:15 - Studio 2	RPM VIRTUAL 14:30 - 15:15 - Cycling	B.PUMP VIRTUAL 14:30 - 15:15 - Studio 1	RPM VIRTUAL 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:30 - 15:15 - Cycling		
15:00	RPM VIRTUAL 14:30 - 15:15 - Cycling		CYCLING 14:30 - 15:20 - 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.PUMP VIRTUAL 15:00 - 15:55 - Studio 2	
	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. COMBAT VIRTUAL 15:30 - 16:15 - Studio 1	
				RPM VIRTUAL 15:30 - 16:15 - Cycling		RPM VIRTUAL 15:30 - 16:15 - Cycling	
16:00				B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Cycling	LM CORE VIRT. 16:30 - 17:00 - 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	LM CORE VIRT. 16:30 - 17:00 - Studio 2	GRIT VIRTUAL 16:30 - 17:00 - Studio 1		
	GRIT VIRTUAL 16:30 - 17:00 - Studio 2	LM CORE VIRT. 16:30 - 17:00 - Studio 2		B. COMBAT VIRTUAL 17:00 - 18:00 - Studio 1	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	B.BALANCE VIRTUAL 17:00 - 17:55 - Studio 2	
	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 2	B. COMBAT VIRTUAL 17:00 - 18:00 - Studio 1	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	GRIT VIRTUAL 17:00 - 17:25 - Studio 2	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	
17:00	RPM VIRTUAL 17:00 - 17:45 - Cycling	GRIT VIRTUAL 17:00 - 17:25 - Studio 2		RPM VIRTUAL 17:00 - 17:45 - Cycling			
		RPM VIRTUAL 17:00 - 17:45 - Cycling					
18:00	B.ATTACK 18:30 - 19:15 - Studio 1	B.BALANCE VIRTUAL 18:00 - 18:45 - Studio 2	B.PUMP 18:00 - 18:55 - Studio 1	B. ATTACK VIRTUAL 18:00 - 18:45 - Studio 1	B.BALANCE VIRTUAL 18:00 - 18:45 - Studio 2	B.PUMP VIRTUAL 18:30 - 19:15 - Studio 1	
	PILATES 18:00 - 19:00 - Studio 2	CYCLING 18:00 - 18:45 - Cycling	PILATES 18:00 - 19:00 - Studio 2	CYCLING 18:00 - 18:45 - Studio 1	B.PUMP 18:00 - 18:55 - Studio 1	RPM VIRTUAL 18:30 - 19:15 - Cycling	
	RPM VIRTUAL 18:00 - 18:45 - Cycling	P13FIT 18:00 - 19:00 - Studio 1	RPM VIRTUAL 18:30 - 19:15 - Studio 1	GLUTEUP 30 18:30 - 19:00 - Studio 2	RPM VIRTUAL 18:30 - 19:15 - Cycling		
	B.COMBAT 19:00 - 19:55 - Studio 1	B.PUMP 19:00 - 20:00 - Studio 1	B.ATTACK 19:00 - 19:45 - Studio 1	B.COMBAT 19:00 - 19:55 - Studio 1	B.BALANCE 19:00 - 19:55 - Studio 1	B. COMBAT VIRTUAL 19:00 - 19:45 - Studio 1	
19:00	CYCLING 19:00 - 19:45 - Cycling	HIIT 19:00 - 19:45 - Fitness	B.BALANCE 19:00 - 19:55 - Studio 2	HIIT 19:00 - 19:45 - Fitness	LM CORE VIRT. 19:30 - 20:00 - Studio 2	GRIT VIRTUAL 19:00 - 19:30 - Studio 2	
	GLUTEUP 30 19:30 - 20:00 - Studio 1	YOGA NIVEL 1 19:00 - 20:00 - Studio 2		YOGA NIVEL 1 19:00 - 20:00 - Studio 2	RPM VIRTUAL 19:30 - 20:15 - Cycling		
		RPM VIRTUAL 19:30 - 20:15 - Cycling		RPM VIRTUAL 19:30 - 20:15 - Cycling			
20:00	B.BALANCE VIRTUAL 20:00 - 20:45 - Studio 2	LES MILLS CORE 20:00 - 20:45 - Studio 1	CYCLING 20:00 - 20:45 - Studio 1	B.PUMP 20:00 - 20:55 - Studio 1	B.COMBAT VIRTUAL 20:30 - 21:15 - Studio 1		
	GRIT 20:00 - 20:30 - Studio 1	YOGA NIVEL 2 20:00 - 21:00 - Studio 2	B.PUMP VIRTUAL 20:30 - 21:15 - Studio 2	YOGA NIVEL 2 20:00 - 21:00 - Studio 2	GRIT VIRTUAL 20:30 - 21:00 - Studio 2		
	LES MILLS CORE 20:30 - 21:00 - Studio 1	RPM VIRTUAL 20:30 - 21:15 - Cycling		RPM VIRTUAL 20:30 - 21:15 - Cycling	RPM VIRTUAL 20:30 - 21:15 - Cycling		
	RPM VIRTUAL 20:30 - 21:15 - Cycling						
21:00	B. ATTACK VIRTUAL 21:00 - 21:45 - Studio 2	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1	B.COMBAT VIRTUAL 21:30 - 22:15 - Studio 1	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1	GRIT VIRTUAL 21:30 - 22:00 - Studio 1		
	RPM VIRTUAL 21:30 - 22:15 - Cycling	RPM VIRTUAL 21:30 - 22:15 - Cycling	LM CORE VIRT. 21:30 - 22:00 - Studio 2	RPM VIRTUAL 21:30 - 22:15 - Cycling	LM CORE VIRT. 21:30 - 22:00 - Studio 2		
			RPM VIRTUAL 21:30 - 22:15 - Cycling		RPM VIRTUAL 21:30 - 22:15 - Cycling		

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

