

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 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 CICLO INDOOR VIR 08:30 - 09:20 - ST2	B.BALANCE VIRTUAL 08:00 - 08:50 - ST1 CICLO INDOOR VIR 08:30 - 09:20 - ST2	B.PUMP 08:00 - 08:50 - ST1 CICLO INDOOR VIR 08:30 - 09:20 - ST1	GLUTEUP 07:30 - 08:20 - ST1 CICLO INDOOR VIR 08:30 - 09:20 - ST1	YOGA 08:00 - 08:50 - ST1 CICLO INDOOR VIR 08:30 - 09:20 - ST1		
09:00	B.PUMP 09:30 - 10:20 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2	CICLO INDOOR VIR 09:30 - 10:20 - ST2 GLUTEUP 09:30 - 10:20 - ST1	CICLO INDOOR VIR 09:30 - 10:20 - ST2 PILATES 09:30 - 10:20 - ST1	B.COMBAT 09:30 - 10:20 - ST1 CICLO INDOOR VIR 09:30 - 10:20 - ST2	CICLO INDOOR 09:30 - 10:20 - ST3	PUMP VIRTUAL 09:30 - 10:20 - ST1	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1
10:00	GIMNASIA SUAVE 10:00 - 10:50 - ST3 B.ATTACK 10:30 - 11:20 - ST1 CICLO INDOOR VIR 10:30 - 11:20 - ST2	B.BALANCE 10:00 - 10:50 - ST3 AQUA GYM 10:30 - 11:20 - AQA B.PUMP 10:30 - 11:20 - ST1 CICLO INDOOR VIR 10:30 - 11:20 - ST2	GIMNASIA SUAVE 10:00 - 10:50 - ST3 CICLO INDOOR VIR 10:30 - 11:20 - ST2 ZUMBA 10:30 - 11:20 - ST1	AQUA GYM 10:30 - 11:20 - AQA B.PUMP 10:30 - 11:20 - ST1 CICLO INDOOR VIR 10:30 - 11:20 - ST2	CICLO INDOOR VIR 10:30 - 11:20 - ST2 ZUMBA 10:30 - 11:20 - ST1	B.COMBAT VIRT.30 10:30 - 11:00 - ST1	PUMP VIRTUAL 10:30 - 11:20 - ST1
11:00	CICLO INDOOR VIR 11:30 - 12:20 - ST2 ZUMBA 11:30 - 12:20 - ST1	B.COMBAT 11:30 - 12:20 - ST1 CICLO INDOOR VIR 11:30 - 12:20 - ST2	CICLO INDOOR 11:30 - 12:20 - ST2 CICLO INDOOR VIR 11:30 - 12:20 - ST2	B.ATTACK 11:30 - 12:20 - ST2 CICLO INDOOR VIR 11:30 - 12:20 - ST2	CICLO INDOOR VIR 11:30 - 12:20 - ST2 GLUTEUP 30 11:30 - 12:00 - ST1	B.PUMP 11:00 - 11:50 - ST1	CICLO INDOOR VIR 11:30 - 12:20 - ST2 LM CORE VIRT. 11:30 - 12:20 - ST1
12:00	HIIT 12:00 - 12:30 - ST3 AQUA GYM 12:30 - 13:20 - AQA CICLO INDOOR VIR 12:30 - 13:20 - ST2	CORE 12:00 - 12:30 - ST3 AQUA GYM 12:30 - 13:20 - AQA CICLO INDOOR VIR 12:30 - 13:20 - ST2	B. COMBAT VIRTUAL 12:00 - 12:50 - ST1 AQUA GYM 12:30 - 13:20 - AQA CICLO INDOOR VIR 12:30 - 13:20 - ST2	AQUA GYM 12:30 - 13:20 - AQA CICLO INDOOR VIR 12:30 - 13:20 - ST2	LM CORE VIRT. 12:00 - 12:50 - ST1 AQUA GYM 12:30 - 13:20 - AQA CICLO INDOOR VIR 12:30 - 13:20 - ST2	CICLO INDOOR 12:00 - 12:50 - ST2 AQUA GYM 12:30 - 13:20 - AQA B.BALANCE VIRT 12:30 - 13:20 - ST1	AQUA GYM 12:00 - 12:50 - AQA CICLO INDOOR VIR 12:30 - 13:20 - ST2 PUMP VIRTUAL 12:30 - 13:20 - ST1
13:00	B.PUMP 13:00 - 13:50 - ST1 CICLO INDOOR VIR 13:30 - 14:20 - ST2	CICLO INDOOR VIR 13:30 - 14:20 - ST2	GLUTEUP 13:00 - 13:50 - ST1 CICLO INDOOR VIR 13:30 - 14:20 - ST2	CICLO INDOOR VIR 13:30 - 14:20 - ST2	B.COMBAT 13:00 - 13:50 - ST1 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	B.PUMP 14:00 - 14:50 - ST1 CICLO INDOOR VIR 14:30 - 15:20 - ST2	CICLO INDOOR VIR 14:30 - 15:20 - ST2	CICLO INDOOR 14:00 - 14:50 - ST2 LM CORE VIRT. 14:00 - 14:30 - ST1	CICLO INDOOR VIR 14:30 - 15:20 - ST2	CICLO INDOOR VIR 14:30 - 15:20 - ST2 CORE VIRTUAL 30 14:30 - 15:00 - ST1	
15:00	B.BALANCE VIRT 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	LM CORE VIRT. 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	LM CORE VIRT. 15:00 - 15:30 - 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	
16:00	B.PUMP VIRTUAL 16:00 - 16:50 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	LM CORE VIRT. 16:00 - 16:50 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	B.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.BALANCE VIRTUAL 16:00 - 16:50 - ST1 CICLO INDOOR VIR 16:30 - 17:20 - ST2	CICLO INDOOR VIR 16:30 - 17:20 - ST2	
17:00	B. COMBAT VIRTUAL 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	B.BALANCE VIRT 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	B. COMBAT VIRTUAL 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	B.BALANCE 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 17:00 - 17:50 - ST1 CICLO INDOOR VIR 17:30 - 18:20 - ST2	

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	YOGA 18:00 - 18:50 - ST1	B.PUMP 18:00 - 18:50 - ST1	B.BALANCE 18:00 - 18:50 - ST1	ZUMBA 18:00 - 18:50 - ST1	YOGA 18:00 - 18:50 - ST1	B.PUMP VIRTUAL 18:00 - 18:50 - ST1	
	CICLO INDOOR 18:30 - 19:20 - ST2	CICLO INDOOR VIR 18:30 - 19:20 - ST2	CICLO INDOOR 18:30 - 19:20 - ST2	CICLO INDOOR VIR 18:30 - 19:20 - ST2	CICLO INDOOR VIR 18:30 - 19:20 - ST2		
19:00		CORE 18:30 - 19:20 - ST3					
	AQUA GYM 19:00 - 19:50 - AQA	AQUA GYM 19:00 - 19:50 - AQA	AQUA GYM 19:00 - 19:50 - AQA	AQUA GYM 19:00 - 19:50 - AQA	B.PUMP 19:00 - 19:50 - ST1		
	B.PUMP 19:00 - 19:50 - ST1	ZUMBA 19:00 - 19:50 - ST1	B.COMBAT 19:00 - 19:50 - ST1	GLUTEUP 19:00 - 19:50 - ST1	CICLO INDOOR VIR 19:30 - 20:20 - ST2		
	CICLO INDOOR VIR 19:30 - 20:20 - ST2	CICLO INDOOR 19:30 - 20:20 - ST2	HIIT 19:00 - 19:30 - ST3	CICLO INDOOR VIR 19:30 - 20:20 - ST2			
20:00	CORE 19:30 - 20:00 - ST3		CICLO INDOOR 19:30 - 20:20 - ST2				
	B.COMBAT 20:00 - 20:50 - ST1	GLUTEUP 20:00 - 20:50 - ST1	ZUMBA 20:00 - 20:50 - ST1	B.ATTACK 20:00 - 20:50 - ST1	CICLO INDOOR VIR 20:30 - 21:20 - ST2		
	CICLO INDOOR 20:30 - 21:20 - ST2	CICLO INDOOR VIR 20:30 - 21:20 - ST2	CICLO INDOOR VIR 20:30 - 21:20 - ST2	CICLO INDOOR VIR 20:30 - 21:20 - ST2			
21:00		HIIT 20:30 - 21:00 - ST3					
	ZUMBA 21:00 - 21:50 - ST1	B.ATTACK 21:00 - 21:50 - ST1	B.PUMP 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

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las Redes sociales

