

# HORARIO de actividades dirigidas

Centro

Horario Completo

| HORA  | LUNES                                                                                                                                                                                     | MARTES                                                                                                                                  | MIÉRCOLES                                                                                          | JUEVES                                                                                                                                | VIERNES                                                                                                                                                                                                                                 | SÁBADO                                                                                            | DOMINGO                                                                               |
|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 06:00 | B.PUMP VIRTUAL<br>06:45 - 07:30 - Studio 1                                                                                                                                                | CICLO INDOOR<br>06:45 - 07:30 - Studio 1<br>GRIT VIRTUAL<br>06:45 - 07:15 - Studio 1<br>LM CORE VIRT.<br>06:45 - 07:15 - Studio 2       |                                                                                                    | GRIT<br>06:45 - 07:40 - Studio 1<br>LM CORE VIRT.<br>06:45 - 07:15 - Studio 2<br>RPM VIRTUAL<br>06:45 - 07:30 - Cycling               | B.PUMP VIRTUAL<br>06:45 - 07:40 - Studio 1                                                                                                                                                                                              |                                                                                                   |                                                                                       |
| 07:00 | RPM VIRTUAL<br>07:00 - 07:50 - Studio 1<br>GRIT VIRTUAL<br>08:00 - 08:30 - Studio 1<br>B.COMBAT VIRTUAL<br>08:30 - 09:25 - Studio 1<br>RPM VIRTUAL<br>08:30 - 09:20 - Studio 1<br>Cycling |                                                                                                                                         |                                                                                                    |                                                                                                                                       | RPM VIRTUAL<br>07:00 - 07:45 - Studio 1<br>GRIT VIRTUAL<br>08:00 - 08:30 - Studio 1<br>B.COMBAT VIRTUAL<br>08:30 - 09:25 - Studio 1<br>B.BALANCE VIRT<br>08:30 - 09:25 - Studio 2<br>RPM VIRTUAL<br>08:30 - 09:15 - Studio 1<br>Cycling |                                                                                                   |                                                                                       |
| 08:00 |                                                                                                                                                                                           | B.COMBAT VIRTUAL<br>08:00 - 08:50 - Studio 2<br>RPM VIRTUAL<br>08:15 - 09:05 - Studio 1<br>B.PUMP VIRTUAL<br>08:30 - 09:20 - Studio 1   |                                                                                                    | B.COMBAT VIRTUAL<br>08:00 - 08:55 - Studio 2<br>RPM VIRTUAL<br>08:15 - 09:05 - Studio 1<br>B.PUMP VIRTUAL<br>08:30 - 09:15 - Studio 1 |                                                                                                                                                                                                                                         |                                                                                                   |                                                                                       |
| 09:00 | LM CORE VIRT.<br>09:00 - 09:30 - Studio 2<br>B.PUMP<br>09:30 - 10:25 - Studio 1<br>RPM VIRTUAL<br>09:30 - 10:20 - Studio 1<br>Cycling                                                     | B.BALANCE VIRTUAL<br>09:30 - 10:20 - Studio 2<br>B.COMBAT<br>09:30 - 10:25 - Studio 1                                                   | RPM VIRTUAL<br>09:30 - 10:15 - Studio 1<br>Cycling                                                 | B.ATTACK<br>09:30 - 10:25 - Studio 1<br>B.BALANCE VIRTUAL<br>09:30 - 10:25 - Studio 2                                                 | B.PUMP VIRTUAL<br>09:30 - 10:25 - Studio 1<br>CICLO INDOOR<br>09:30 - 10:15 - Studio 1<br>Cycling                                                                                                                                       | RPM VIRTUAL<br>09:30 - 10:15 - Studio 1<br>YIN-YOGA<br>09:30 - 10:25 - Studio 1                   | RPM VIRTUAL<br>09:30 - 10:20 - Studio 1<br>Cycling                                    |
| 10:00 | CICLO INDOOR<br>10:30 - 11:15 - Studio 1<br>GRIT VIRTUAL<br>10:30 - 10:55 - Studio 2                                                                                                      | RPM VIRTUAL<br>10:00 - 10:50 - Cycling<br>GRIT<br>10:30 - 11:00 - Studio 1<br>STRETCHING<br>10:30 - 11:25 - Studio 2                    | GRIT VIRTUAL<br>10:00 - 10:30 - Studio 2<br>B.PUMP VIRTUAL<br>10:30 - 11:25 - Studio 1             | RPM VIRTUAL<br>10:00 - 10:50 - Studio 1<br>B.PUMP<br>10:30 - 11:25 - Studio 1                                                         | B.COMBAT VIRTUAL<br>10:30 - 11:25 - Studio 1<br>B.BALANCE VIRTUAL<br>10:30 - 11:25 - Studio 2<br>HIIT<br>10:30 - 11:15 - Fitness<br>CICLO INDOOR<br>10:45 - 11:30 - Studio 1<br>Cycling                                                 | B.PUMP<br>10:30 - 11:25 - Studio 1                                                                | GRIT VIRTUAL<br>10:00 - 10:30 - Studio 2                                              |
| 11:00 | KINESIS-CORE<br>11:30 - 12:15 - Fitness<br>LM CORE VIRT.<br>11:30 - 12:00 - Studio 1<br>RPM VIRTUAL<br>11:30 - 12:20 - Studio 1<br>YOGA<br>11:30 - 12:30 - Studio 2                       | LES MILLS CORE<br>11:00 - 11:30 - Studio 1<br>PILATES<br>11:30 - 12:25 - Studio 2<br>RPM VIRTUAL<br>11:30 - 12:20 - Studio 1<br>Cycling | RPM VIRTUAL<br>11:00 - 11:45 - Studio 1<br>B.BALANCE VIRTUAL<br>11:30 - 12:25 - Studio 2           | PILATES<br>11:30 - 12:25 - Studio 2<br>RPM VIRTUAL<br>11:30 - 12:20 - Studio 1<br>Cycling                                             | CARDIO-YOGA<br>11:30 - 12:25 - Studio 2<br>LM CORE VIRT.<br>11:30 - 12:00 - Studio 1<br>RPM VIRTUAL<br>11:30 - 12:15 - Studio 1<br>Cycling                                                                                              | B.BALANCE VIRT<br>11:30 - 12:25 - Studio 2<br>CICLO INDOOR<br>11:30 - 12:00 - Studio 1<br>Cycling | RPM VIRTUAL<br>11:00 - 11:50 - Studio 1<br>B.BALANCE VIRT<br>11:30 - 12:25 - Studio 2 |
| 12:00 | B.PUMP VIRTUAL<br>12:30 - 13:15 - Studio 1                                                                                                                                                | B.COMBAT VIRTUAL<br>12:00 - 12:50 - Studio 1                                                                                            | B.COMBAT VIRTUAL<br>12:00 - 12:55 - Studio 1<br>RPM VIRTUAL<br>12:30 - 13:15 - Studio 1<br>Cycling | B.COMBAT VIRTUAL<br>12:00 - 12:50 - Studio 1                                                                                          | B.PUMP VIRTUAL<br>12:30 - 13:25 - Studio 1                                                                                                                                                                                              | RPM VIRTUAL<br>12:30 - 13:15 - Studio 1<br>CICLO INDOOR<br>12:40 - 13:10 - Studio 1<br>Cycling    | RPM VIRTUAL<br>12:30 - 13:20 - Studio 1<br>Cycling                                    |
| 13:00 | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br>RPM VIRTUAL<br>13:00 - 13:50 - Studio 1<br>Cycling                                                                                           | GRIT VIRTUAL<br>13:00 - 13:30 - Studio 2<br>RPM VIRTUAL<br>13:00 - 13:50 - Studio 1<br>LM CORE VIRT.<br>13:30 - 14:00 - Studio 1        | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br>B.PUMP VIRTUAL<br>13:30 - 14:25 - Studio 1            | GRIT VIRTUAL<br>13:00 - 13:30 - Studio 2<br>RPM VIRTUAL<br>13:00 - 13:50 - Studio 1<br>LM CORE VIRT.<br>13:30 - 14:00 - Studio 1      | B.COMBAT VIRTUAL<br>13:00 - 13:55 - Studio 2<br>CICLO INDOOR<br>13:10 - 13:55 - Studio 1<br>Cycling                                                                                                                                     | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br>CICLO INDOOR<br>13:45 - 14:15 - Studio 1<br>Cycling  | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2                                             |

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Centro

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| HORA  | LUNES                                               | MARTES                                              | MIÉRCOLES                                        | JUEVES                                            | VIERNES                                           | SÁBADO                                           | DOMINGO                                          |
|-------|-----------------------------------------------------|-----------------------------------------------------|--------------------------------------------------|---------------------------------------------------|---------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| 14:00 | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2            | LM CORE VIRT.<br>14:00 - 14:30 - Studio 2           | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2         | LM CORE VIRT.<br>14:00 - 14:30 - Studio 2         | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2          | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2         | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2         |
|       | HIIT<br>14:00 - 14:30 - Fitness                     | B.BALANCE VIRT<br>14:30 - 15:20 - Studio 2          | RPM VIRTUAL<br>14:00 - 14:45 - Studio<br>Cycling | B.PUMP VIRTUAL<br>14:30 - 15:25 - Studio 2        | B.BALANCE VIRTUAL<br>14:30 - 15:25 - Studio 2     | RPM VIRTUAL<br>14:00 - 14:45 - Studio<br>Cycling | RPM VIRTUAL<br>14:00 - 14:50 - Studio<br>Cycling |
|       | LM CORE VIRT.<br>14:00 - 14:45 - Studio 1           | B.PUMP<br>14:30 - 15:25 - Studio 1                  |                                                  | GRIT<br>14:30 - 15:00 - Studio 1                  | B.PUMP VIRTUAL<br>14:30 - 15:25 - Studio 1        |                                                  |                                                  |
|       | B.PUMP VIRTUAL<br>14:30 - 15:20 - Studio 2          | RPM VIRTUAL<br>14:30 - 15:20 - Studio<br>Cycling    |                                                  | RPM VIRTUAL<br>14:30 - 15:20 - Studio<br>Cycling  | RPM VIRTUAL<br>14:30 - 15:15 - Studio<br>Cycling  |                                                  |                                                  |
|       | CICLO INDOOR<br>14:30 - 15:15 - Cycling             |                                                     |                                                  |                                                   |                                                   |                                                  |                                                  |
| 15:00 | RPM VIRTUAL<br>14:30 - 15:20 - Studio<br>Cycling    |                                                     |                                                  |                                                   |                                                   |                                                  |                                                  |
|       | B.PUMP VIRTUAL<br>15:30 - 16:15 - Studio 1          | GRIT VIRTUAL<br>15:30 - 16:00 - Studio 2            |                                                  | LES MILLS CORE<br>15:00 - 15:30 - Studio 1        | B. COMBAT VIRTUAL<br>15:30 - 16:25 - Studio 2     | B.PUMP VIRTUAL<br>15:00 - 15:55 - Studio 2       |                                                  |
| 16:00 | LM CORE VIRT.<br>15:30 - 16:00 - Studio 2           | RPM VIRTUAL<br>15:30 - 16:20 - Studio<br>Cycling    |                                                  | GRIT VIRTUAL<br>15:30 - 16:00 - Studio 2          | LM CORE VIRT.<br>15:30 - 16:00 - Studio 1         | RPM VIRTUAL<br>15:30 - 16:20 - Studio<br>Cycling |                                                  |
|       |                                                     |                                                     |                                                  | RPM VIRTUAL<br>15:30 - 16:20 - Studio<br>Cycling  |                                                   |                                                  |                                                  |
| 17:00 | B.PUMP VIRTUAL<br>16:00 - 16:50 - Studio<br>Cycling | B.PUMP VIRTUAL<br>16:00 - 16:50 - Studio 1          |                                                  | B.PUMP VIRTUAL<br>16:00 - 16:45 - Studio 1        | RPM VIRTUAL<br>16:00 - 16:45 - Studio<br>Cycling  |                                                  |                                                  |
|       | GRIT VIRTUAL<br>16:30 - 17:00 - Studio 2            | LM CORE VIRT.<br>16:30 - 17:00 - Studio 2           |                                                  | LM CORE VIRT.<br>16:30 - 17:00 - Studio 2         | GRIT VIRTUAL<br>16:30 - 17:00 - Studio 1          |                                                  |                                                  |
| 18:00 | B. COMBAT VIRTUAL<br>17:00 - 17:50 - Studio 1       | B.BALANCE VIRTUAL<br>17:00 - 17:55 - Studio 2       |                                                  | B. COMBAT VIRTUAL<br>17:00 - 18:00 - Studio 1     | LM CORE VIRT.<br>17:00 - 17:30 - Studio 1         | B.BALANCE VIRT<br>17:00 - 17:55 - Studio 2       |                                                  |
|       | RPM VIRTUAL<br>17:00 - 17:50 - Studio<br>Cycling    | B.COMBAT VIRTUAL<br>17:00 - 17:50 - Studio 1        |                                                  | B.BALANCE VIRTUAL<br>17:00 - 17:55 - Studio 2     | RPM VIRTUAL<br>17:00 - 17:45 - Studio<br>Cycling  | RPM VIRTUAL<br>17:00 - 17:45 - Studio<br>Cycling |                                                  |
| 19:00 | RPM VIRTUAL<br>17:00 - 17:50 - Studio<br>Cycling    | RPM VIRTUAL<br>17:00 - 17:50 - Studio<br>Cycling    |                                                  | RPM VIRTUAL<br>17:00 - 17:50 - Studio<br>Cycling  |                                                   |                                                  |                                                  |
|       |                                                     |                                                     |                                                  | CICLO INDOOR<br>18:00 - 18:45 - Studio<br>Cycling | B.PUMP<br>18:00 - 18:55 - Studio 1                | RPM VIRTUAL<br>18:30 - 19:20 - Studio<br>Cycling |                                                  |
| 20:00 | B.PUMP<br>18:00 - 18:55 - Studio 1                  | CICLO INDOOR<br>18:00 - 18:45 - Cycling             |                                                  | LES MILLS CORE<br>18:00 - 18:30 - Studio 1        | RPM VIRTUAL<br>18:30 - 19:15 - Studio<br>Cycling  |                                                  |                                                  |
|       | CICLO INDOOR<br>18:00 - 18:45 - Cycling             | LES MILLS CORE<br>18:00 - 18:30 - Studio 2          |                                                  | GLUTEUP<br>18:30 - 19:00 - Studio 1               |                                                   |                                                  |                                                  |
| 21:00 | PILATES<br>18:00 - 18:55 - Studio 2                 | ZUMBA<br>18:00 - 18:55 - Studio 1                   |                                                  |                                                   |                                                   |                                                  |                                                  |
|       |                                                     | GLUTEUP<br>18:30 - 19:00 - Studio 2                 |                                                  |                                                   |                                                   |                                                  |                                                  |
| 22:00 | B.COMBAT<br>19:00 - 19:55 - Studio 1                | B.PUMP<br>19:00 - 19:55 - Studio 1                  |                                                  | B.COMBAT<br>19:00 - 19:55 - Studio 1              | B.BALANCE<br>19:00 - 19:55 - Studio 2             | GRIT VIRTUAL<br>19:00 - 19:30 - Studio 2         |                                                  |
|       | CICLO INDOOR<br>19:00 - 19:45 - Studio<br>Cycling   | CICLO INDOOR<br>19:00 - 19:45 - Cycling             |                                                  | HIIT<br>19:00 - 19:30 - Fitness                   | LM CORE VIRT.<br>19:30 - 20:00 - Studio 2         |                                                  |                                                  |
| 23:00 | STRETCHING<br>19:00 - 19:55 - Studio 2              | HIIT<br>19:00 - 19:45 - Fitness                     |                                                  | YOGA NIVEL 1<br>19:00 - 19:55 - Studio 2          |                                                   |                                                  |                                                  |
|       |                                                     | YOGA NIVEL 1<br>19:00 - 19:55 - Studio 2            |                                                  | RPM VIRTUAL<br>19:30 - 20:20 - Studio<br>Cycling  |                                                   |                                                  |                                                  |
| 24:00 | GRIT<br>20:00 - 20:30 - Studio 1                    | STRENGTH<br>20:00 - 20:55 - Studio 1<br>DEVELOPMENT |                                                  | B.PUMP<br>20:00 - 20:55 - Studio 1                | CICLO INDOOR<br>20:00 - 20:45 - Studio<br>Cycling |                                                  |                                                  |
|       | YIN-YOGA<br>20:00 - 20:55 - Studio 2                | YOGA NIVEL 2<br>20:00 - 20:55 - Studio 2            |                                                  | YOGA NIVEL 2<br>20:00 - 20:55 - Studio 2          | B. COMBAT VIRTUAL<br>20:30 - 21:25 - Studio 1     |                                                  |                                                  |
| 25:00 | LES MILLS CORE<br>20:30 - 21:00 - Studio 1          | RPM VIRTUAL<br>20:30 - 21:20 - Studio<br>Cycling    |                                                  | RPM VIRTUAL<br>20:30 - 21:20 - Studio<br>Cycling  | GRIT VIRTUAL<br>20:30 - 21:00 - Studio 2          |                                                  |                                                  |
|       | RPM VIRTUAL<br>20:30 - 21:20 - Studio<br>Cycling    |                                                     |                                                  |                                                   |                                                   |                                                  |                                                  |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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| HORA  | LUNES                                                                                                          | MARTES                                                                                                           | MIÉRCOLES | JUEVES                                                                                                           | VIERNES                                                                                                                                                                | SÁBADO | DOMINGO |
|-------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|
| 21:00 | <b>GRIT VIRTUAL</b><br>21:30 - 22:00 - Studio 1<br><br><b>RPM VIRTUAL</b><br>21:30 - 22:20 - Studio<br>Cycling | <b>B.PUMP VIRTUAL</b><br>21:30 - 22:15 - Studio 1<br><br><b>RPM VIRTUAL</b><br>21:30 - 22:20 - Studio<br>Cycling |           | <b>B.PUMP VIRTUAL</b><br>21:30 - 22:15 - Studio 1<br><br><b>RPM VIRTUAL</b><br>21:30 - 22:15 - Studio<br>Cycling | <b>GRIT VIRTUAL</b><br>21:30 - 22:00 - Studio 1<br><br><b>LM CORE VIRT.</b><br>21:30 - 22:00 - Studio 2<br><br><b>RPM VIRTUAL</b><br>21:30 - 22:15 - Studio<br>Cycling |        |         |

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