

# HORARIO de actividades dirigidas

Centro

Horario Completo

| HORA  | LUNES                                 | MARTES                                 | MIÉRCOLES                              | JUEVES                                 | VIERNES                                | SÁBADO                          | DOMINGO                         |
|-------|---------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|---------------------------------|---------------------------------|
| 07:00 | CYCLING<br>07:30 - 08:20 - ST3        | CYCLING<br>07:30 - 08:20 - ST3         | B.PUMP<br>07:30 - 08:20 - ST1          | CYCLING<br>07:30 - 08:20 - ST3         | CYCLING VIRTUAL<br>07:30 - 08:20 - ST3 |                                 |                                 |
|       |                                       | QUEENAX<br>07:30 - 08:00 - FIT         | CYCLING VIRTUAL<br>07:30 - 08:20 - ST3 |                                        |                                        |                                 |                                 |
| 08:00 | AQUA GYM<br>08:00 - 08:50 - AQA       | FUNC STRENGTH<br>08:00 - 08:30 - ST1   | AQUA GYM<br>08:00 - 08:50 - AQA        | QUEENAX<br>08:00 - 08:30 - FIT         | AQUA GYM<br>08:00 - 08:50 - AQA        |                                 |                                 |
|       | PILATES<br>08:00 - 08:50 - ST2        | B.ATTACK 30<br>08:30 - 09:00 - ST1     | PILATES<br>08:00 - 08:50 - ST2         | CORE<br>08:30 - 09:00 - ST1            | QUEENAX<br>08:30 - 09:00 - FIT         |                                 |                                 |
|       | QUEENAX<br>08:00 - 08:30 - FIT        |                                        | QUEENAX<br>08:00 - 08:30 - FIT         |                                        | ZUMBA<br>08:30 - 09:20 - ST1           |                                 |                                 |
|       | CORE<br>08:30 - 09:00 - ST1           |                                        | B.BALANCE<br>08:30 - 09:00 - ST1       |                                        |                                        |                                 |                                 |
|       |                                       |                                        | CYCLING<br>08:30 - 09:20 - ST3         |                                        |                                        |                                 |                                 |
| 09:00 | CYCLING<br>09:00 - 09:50 - ST3        | CORE<br>09:00 - 09:30 - FIT            | B.PUMP 30<br>09:00 - 09:30 - ST1       | CYCLING<br>09:00 - 09:50 - ST3         | CYCLING VIRTUAL<br>09:00 - 09:50 - ST3 |                                 |                                 |
|       | B.BALANCE<br>09:30 - 10:20 - ST2      | CYCLING<br>09:00 - 09:50 - ST3         | B.COMBAT<br>09:30 - 10:20 - ST1        | YOGA<br>09:00 - 09:50 - ST2            | PILATES<br>09:30 - 10:20 - ST2         |                                 |                                 |
|       | B.PUMP<br>09:30 - 10:20 - ST1         | STEP<br>09:30 - 10:20 - ST1            |                                        | B.PUMP<br>09:30 - 10:20 - ST1          |                                        |                                 |                                 |
|       | QUEENAX<br>09:30 - 10:00 - FIT        |                                        |                                        |                                        |                                        |                                 |                                 |
| 10:00 | AQUA GYM<br>10:30 - 11:20 - AQA       | AQUA GYM<br>10:30 - 11:20 - AQA        | CYCLING<br>10:00 - 10:50 - ST3         | AQUA GYM<br>10:30 - 11:20 - AQA        | AQUA GYM<br>10:30 - 11:20 - AQA        | B.ATTACK<br>10:30 - 11:20 - ST1 | CYCLING<br>10:30 - 11:20 - ST3  |
|       | YOGA<br>10:30 - 11:20 - ST2           | B.PUMP<br>10:30 - 11:20 - ST1          | AQUA GYM<br>10:30 - 11:20 - AQA        | B.COMBAT<br>10:30 - 11:20 - ST1        | HIIT<br>10:30 - 11:00 - ST1            |                                 |                                 |
|       | ZUMBA GOLD<br>10:30 - 11:20 - ST1     | PILATES<br>10:30 - 11:20 - ST2         | B.ATTACK 30<br>10:30 - 11:00 - ST1     | PILATES & PROPS<br>10:30 - 11:20 - ST2 | YOGA<br>10:30 - 11:20 - ST2            |                                 |                                 |
|       |                                       |                                        | B.BALANCE<br>10:30 - 11:20 - ST2       |                                        |                                        |                                 |                                 |
|       |                                       |                                        | QUEENAX<br>10:30 - 11:00 - FIT         |                                        |                                        |                                 |                                 |
| 11:00 | B.COMBAT<br>11:30 - 12:20 - ST1       | CYCLING VIRTUAL<br>11:00 - 11:50 - ST3 | CORE<br>11:00 - 11:30 - ST1            | CYCLING VIRTUAL<br>11:00 - 11:50 - ST3 | CORE<br>11:00 - 11:30 - ST1            | CYCLING<br>11:30 - 12:20 - ST3  | B.PUMP<br>11:30 - 12:20 - ST1   |
|       | GIMNASIA SUAVE<br>11:30 - 12:20 - ST2 | PILATES NOVEL<br>11:30 - 12:20 - ST2   | B.PUMP<br>11:30 - 12:20 - ST1          | QUEENAX<br>11:00 - 11:30 - FIT         | CYCLING<br>11:30 - 12:20 - ST3         |                                 |                                 |
|       |                                       | QUEENAX<br>11:30 - 12:00 - FIT         | GIMNASIA SUAVE<br>11:30 - 12:20 - ST2  | PILATES NOVEL<br>11:30 - 12:20 - ST2   | GIMNASIA SUAVE<br>11:30 - 12:20 - ST2  |                                 |                                 |
|       |                                       |                                        | STRETCHING<br>11:30 - 12:00 - FIT      | ZUMBA STEP<br>11:30 - 12:20 - ST1      | QUEENAX<br>11:30 - 12:00 - FIT         |                                 |                                 |
| 12:00 | CYCLING<br>12:00 - 12:50 - ST3        | AQUA FITNESS<br>12:30 - 13:20 - AQA    | CYCLING<br>12:00 - 12:50 - ST3         | CYCLING<br>12:30 - 13:20 - ST3         | AQUAZUMBA<br>12:30 - 13:20 - AQA       | AQUA GYM<br>12:30 - 13:20 - AQA | AQUA GYM<br>12:00 - 12:50 - AQA |
|       | AQUA GYM<br>12:30 - 13:20 - AQA       | CYCLING<br>12:30 - 13:20 - ST3         | AQUA GYM<br>12:30 - 13:20 - AQA        | ZUMBA<br>12:30 - 13:20 - ST1           | B.COMBAT<br>12:30 - 13:20 - ST1        | B.PUMP<br>12:30 - 13:20 - ST1   | QUEENAX<br>12:30 - 13:00 - FIT  |
|       | PILATES<br>12:30 - 13:20 - ST2        | ZUMBA<br>12:30 - 13:20 - ST1           | PILATES<br>12:30 - 13:20 - ST2         |                                        |                                        |                                 |                                 |
|       | ZUMBA<br>12:30 - 13:20 - ST1          |                                        | ZUMBA<br>12:30 - 13:20 - ST1           |                                        |                                        |                                 |                                 |
| 13:00 | QUEENAX<br>13:00 - 13:30 - FIT        | HIIT<br>13:00 - 13:30 - ST2            | B.PUMP<br>13:30 - 14:20 - ST1          | AQUA HIIT<br>13:00 - 13:30 - AQA       | B.PUMP<br>13:30 - 14:20 - ST1          |                                 |                                 |
|       | B.PUMP<br>13:30 - 14:20 - ST1         | B.ATTACK<br>13:30 - 14:20 - ST1        |                                        | B.PUMP<br>13:30 - 14:20 - ST1          |                                        |                                 |                                 |
|       |                                       | QUEENAX<br>13:30 - 14:00 - FIT         |                                        |                                        |                                        |                                 |                                 |

# HORARIO de actividades dirigidas

Centro

**YO10**  
sportclub

| HORA  | LUNES                                                                                                                                                                    | MARTES                                                                                                                                                            | MIÉRCOLES                                                                                                                                                            | JUEVES                                                                                                                                                                                                                | VIERNES                                                                                          | SÁBADO                          | DOMINGO |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------|---------|
| 14:00 |                                                                                                                                                                          |                                                                                                                                                                   |                                                                                                                                                                      | CORE<br>14:00 - 14:30 - ST2                                                                                                                                                                                           |                                                                                                  |                                 |         |
| 15:00 | B.ATTACK<br>15:00 - 15:50 - ST1<br>CYCLING VIRTUAL<br>15:00 - 15:50 - ST3                                                                                                | CYCLING<br>15:00 - 15:50 - ST3<br>QUEENAX<br>15:00 - 15:30 - FIT<br>CORE<br>16:30 - 17:00 - ST1                                                                   | B.PUMP<br>15:00 - 15:50 - ST1<br>CYCLING VIRTUAL<br>15:00 - 15:50 - ST3                                                                                              | CYCLING<br>15:00 - 15:50 - ST3                                                                                                                                                                                        | CYCLING VIRTUAL<br>15:00 - 15:50 - ST3<br>QUEENAX<br>15:00 - 15:30 - FIT                         |                                 |         |
| 16:00 |                                                                                                                                                                          |                                                                                                                                                                   |                                                                                                                                                                      |                                                                                                                                                                                                                       |                                                                                                  |                                 |         |
| 17:00 | CORE<br>17:00 - 17:30 - ST2<br>PILATES NOVEL<br>17:30 - 18:20 - ST2<br>QUEENAX<br>17:30 - 18:00 - FIT                                                                    | CYCLING<br>17:00 - 17:50 - ST3<br>B.PUMP<br>17:30 - 18:20 - ST1                                                                                                   | B.COMBAT<br>17:00 - 17:50 - ST1<br>PILATES NOVEL<br>17:30 - 18:20 - ST2<br>QUEENAX<br>17:30 - 18:00 - FIT                                                            | CORE<br>17:00 - 17:30 - ST1<br>CYCLING VIRTUAL<br>17:00 - 17:50 - ST3<br>B.PUMP<br>17:30 - 18:20 - ST1<br>QUEENAX<br>17:30 - 18:00 - FIT                                                                              | CYCLING VIRTUAL<br>17:30 - 18:20 - ST3                                                           | QUEENAX<br>17:30 - 18:00 - FIT  |         |
| 18:00 | B.COMBAT<br>18:00 - 18:50 - ST1<br>CYCLING<br>18:00 - 18:50 - ST3<br>STEP<br>18:30 - 19:00 - ST2                                                                         | B.BALANCE<br>18:00 - 18:50 - ST2<br>POWER<br>18:30 - 19:20 - ST1<br>QUEENAX<br>18:30 - 19:00 - FIT                                                                | CYCLING<br>18:00 - 18:50 - ST3<br>STEP<br>18:30 - 19:00 - ST1                                                                                                        | B.BALANCE<br>18:00 - 18:50 - ST2<br>POWER<br>18:30 - 19:20 - ST1                                                                                                                                                      | QUEENAX<br>18:00 - 18:30 - FIT<br>ZUMBA<br>18:00 - 18:50 - ST1                                   | B.COMBAT<br>18:00 - 18:50 - ST1 |         |
| 19:00 | AQUA GYM<br>19:00 - 19:50 - AQA<br>B.BALANCE<br>19:00 - 19:50 - ST2<br>B.PUMP<br>19:00 - 19:50 - ST1<br>QUEENAX<br>19:00 - 19:30 - FIT<br>CYCLING<br>19:30 - 20:20 - ST3 | AQUA FITNESS<br>19:00 - 19:50 - AQA<br>CYCLING<br>19:00 - 19:50 - ST3<br>PILATES NOVEL<br>19:00 - 19:50 - ST2<br>ZUMBA<br>19:30 - 20:00 - ST1                     | AQUA GYM<br>19:00 - 19:50 - AQA<br>B.BALANCE<br>19:00 - 19:50 - ST2<br>B.PUMP<br>19:00 - 19:50 - ST1<br>QUEENAX<br>19:00 - 19:30 - FIT                               | AQUA FITNESS<br>19:00 - 19:50 - AQA<br>B.ATTACK 30<br>19:00 - 19:30 - ST2<br>CYCLING<br>19:00 - 19:50 - ST3<br>B.COMBAT<br>19:30 - 20:20 - ST1<br>QUEENAX<br>19:30 - 20:00 - FIT<br>ZUMBA STEP<br>19:30 - 20:20 - ST2 | AQUA GYM<br>19:00 - 19:50 - AQA<br>CORE<br>19:00 - 19:30 - ST1<br>CYCLING<br>19:30 - 20:20 - ST3 | B.PUMP<br>19:00 - 19:50 - ST1   |         |
| 20:00 | B.ATTACK<br>20:00 - 20:50 - ST1<br>PILATES<br>20:00 - 20:50 - ST2<br>CYCLING<br>20:30 - 21:20 - ST3                                                                      | B.COMBAT<br>20:00 - 20:50 - ST1<br>CORE<br>20:00 - 20:30 - ST2<br>CYCLING<br>20:30 - 21:20 - ST3<br>QUEENAX<br>20:30 - 21:00 - FIT<br>YOGA<br>20:30 - 21:20 - ST2 | CYCLING<br>20:00 - 20:50 - ST3<br>QUEENAX<br>20:00 - 20:30 - FIT<br>ZUMBA<br>20:00 - 20:50 - ST1                                                                     | HIIT<br>20:00 - 20:50 - OUT<br>CORE<br>20:30 - 21:00 - ST1<br>CYCLING<br>20:30 - 21:20 - ST3<br>YOGA<br>20:30 - 21:20 - ST2                                                                                           | QUEENAX<br>20:00 - 20:30 - FIT<br>B.PUMP<br>20:30 - 21:20 - ST1                                  |                                 |         |
| 21:00 | HIIT<br>21:00 - 21:30 - ST1<br>QUEENAX<br>21:00 - 21:30 - FIT<br>B.COMBAT<br>21:30 - 22:20 - ST1<br>CYCLING VIRTUAL<br>21:30 - 22:20 - ST3                               | HIIT<br>21:00 - 21:30 - ST1<br>B.PUMP<br>21:30 - 22:20 - ST1<br>URBAN DANCE<br>21:30 - 22:20 - ST2                                                                | CORE<br>21:00 - 21:30 - ST1<br>CYCLING<br>21:00 - 21:50 - ST3<br>PILATES<br>21:15 - 22:05 - ST2<br>B.COMBAT<br>21:30 - 22:20 - ST1<br>QUEENAX<br>21:30 - 22:00 - FIT | HIIT<br>21:00 - 21:30 - ST1<br>QUEENAX<br>21:00 - 21:30 - FIT<br>URBAN DANCE<br>21:30 - 22:20 - ST2                                                                                                                   |                                                                                                  |                                 |         |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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# HORARIO de actividades dirigidas

Centro

**YO10**  
sportclub

HORA

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

22:00

QUEENAX  
22:00 - 22:30 - FIT

QUEENAX  
22:00 - 22:30 - FIT

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