HORARIO
de actividades dirigidas

Centro — Horario Completo

YO10 sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	SMART CYCLING 07:30 - 08:20 - ST3	SMART CYCLING 07:30 - 08:20 - ST3	B.PUMP 07:30 - 08:20 - ST1 CYCLING VIRTUAL 07:30 - 08:20 - ST3	SMART CYCLING 07:30 - 08:20 - ST3	CYCLING VIRTUAL 07:30 - 08:20 - ST3		
08:00	AQUA GYM 08:00 - 08:50 - AQA PILATES 08:00 - 08:50 - ST2 QUEENAX 08:00 - 08:30 - FIT CORE 08:30 - 09:00 - ST1	FUNC STRENGTH 08:00 - 08:30 - ST1 CROSSTRAINING 08:15 - 08:45 - FIT B.ATTACK 30 08:30 - 09:00 - ST1	AQUA GYM 08:00 - 08:50 - AQA PILATES 08:00 - 08:50 - ST2 QUEENAX 08:00 - 08:30 - FIT B.BALANCE 08:30 - 09:00 - ST1 SMART CYCLING 08:30 - 09:20 - ST3	QUEENAX 08:00 - 08:30 - FIT CORE 08:30 - 09:00 - ST1	AQUA GYM 08:00 - 08:50 - AQA B.COMBAT 08:00 - 08:50 - ST1 QUEENAX 08:30 - 09:00 - FIT		
09:00	SMART CYCLING 09:00 - 09:50 - ST3 B.BALANCE 09:30 - 10:20 - ST2 B.PUMP 09:30 - 10:20 - ST1	CORE 09:00 - 09:30 - FIT SMART CYCLING 09:00 - 09:50 - ST3 STEP 09:30 - 10:20 - ST2	B.PUMP 30 09:00 - 09:30 - ST1 B.COMBAT 09:30 - 10:20 - ST1	B.ATTACK 30 09:00 - 09:30 - ST1 CYCLING VIRTUAL 09:00 - 09:50 - ST3 YOGA 09:00 - 09:50 - ST2 B.PUMP 09:30 - 10:20 - ST1	ZUMBA 09:00 - 09:50 - ST1 CYCLING VIRTUAL 09:30 - 10:20 - ST3 PILATES 09:30 - 10:20 - ST2		
10:00	CROSSTRAINING 10:15 - 10:45 - FIT AQUA GYM 10:30 - 11:20 - AQA YOGA 10:30 - 11:20 - ST2 ZUMBA GOLD 10:30 - 11:20 - ST1	B.PUMP 10:00 - 10:50 - ST1 AQUA GYM 10:30 - 11:20 - AQA PILATES 10:30 - 11:20 - ST2	SMART CYCLING 10:00 - 10:50 - ST3 AQUA GYM 10:30 - 11:20 - AQA B.ATTACK 30 10:30 - 11:00 - ST2 B.PUMP 10:30 - 11:20 - ST1	AQUA GYM 10:30 - 11:20 - AQA B.COMBAT 10:30 - 11:20 - ST1 PILATES & PROPS 10:30 - 11:20 - ST2	CROSSTRAINING 10:00 - 10:30 - FIT AQUA GYM 10:30 - 11:20 - AQA HIIT 10:30 - 11:00 - ST1 YOGA 10:30 - 11:20 - ST2		
11:00	B.COMBAT 11:30 - 12:20 - ST2 GIMNASIA SUAVE 11:30 - 12:20 - ST1	HIIT 11:00 - 11:30 - ST1 CORE 11:30 - 12:00 - ST1 PILATES NOVEL 11:30 - 12:20 - ST2 QUEENAX 11:30 - 12:00 - FIT	CORE 11:00 - 11:30 - ST2 B.BALANCE 11:30 - 12:20 - ST2 ESTIRAMIENTOS 11:30 - 12:00 - FIT GIMNASIA SUAVE 11:30 - 12:20 - ST1	PILATES NOVEL 11:30 - 12:20 - ST2 STEP 11:30 - 12:20 - ST1	CORE 11:00 - 11:30 - ST1 GIMNASIA SUAVE 11:30 - 12:20 - ST1 QUEENAX 11:30 - 12:00 - FIT SMART CYCLING 11:30 - 12:20 - ST3	SMART CYCLING 11:30 - 12:20 - ST3	
12:00	CYCLING VIRTUAL 12:00 - 12:50 - ST3 AQUA GYM 12:30 - 13:20 - AQA PILATES 12:30 - 13:20 - ST2 ZUMBA 12:30 - 13:20 - ST1	CROSSTRAINING 12:15 - 12:45 - FIT AQUA FITNESS 12:30 - 13:20 - AQA SMART CYCLING 12:30 - 13:20 - ST3 ZUMBA 12:30 - 13:20 - ST1	SMART CYCLING 12:00 - 12:50 - ST3 AQUA GYM 12:30 - 13:20 - AQA PILATES 12:30 - 13:20 - ST2 ZUMBA 12:30 - 13:20 - ST1	CROSSTRAINING 12:00 - 12:30 - FIT AQUA FITNESS 12:30 - 13:20 - AQA SMART CYCLING 12:30 - 13:20 - ST3 ZUMBA 12:30 - 13:20 - ST1	AQUAZUMBA 12:30 - 13:20 - AQA B.COMBAT 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQA B.PUMP 12:30 - 13:20 - ST1	AQUA GYM 12:00 - 12:50 - AQA
13:00	B.PUMP 13:30 - 14:20 - ST1	B.ATTACK 13:30 - 14:20 - ST1	B.PUMP 13:30 - 14:20 - ST1	B.PUMP 13:30 - 14:20 - ST1	B.PUMP 13:30 - 14:20 - ST1		
14:00	CROSSTRAINING 14:30 - 15:00 - FIT	QUEENAX 14:30 - 15:00 - FIT	CROSSTRAINING 14:30 - 15:00 - FIT				
15:00	CYCLING VIRTUAL 15:00 - 15:50 - ST3	SMART CYCLING 15:00 - 15:50 - ST3	B.PUMP 15:00 - 15:50 - ST1 CYCLING VIRTUAL 15:00 - 15:50 - ST3	CYCLING VIRTUAL 15:00 - 15:50 - ST3	CYCLING VIRTUAL 15:00 - 15:50 - ST3 QUEENAX 15:00 - 15:30 - FIT		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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YO10 en las Redes sociales

HORARIO
de actividades dirigidas

Centro

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
17:00	CYCLING VIRTUAL 17:00 - 17:50 - ST3 PILATES NOVEL 17:30 - 18:20 - ST2 QUEENAX 17:30 - 18:00 - FIT	SMART CYCLING 17:00 - 17:50 - ST3 B.PUMP 17:30 - 18:20 - ST1	B.COMBAT 17:00 - 17:50 - ST1 PILATES NOVEL 17:30 - 18:20 - ST2	CORE 17:00 - 17:30 - ST1 B.PUMP 17:30 - 18:20 - ST1 QUEENAX 17:30 - 18:00 - FIT	CYCLING VIRTUAL 17:30 - 18:20 - ST3	QUEENAX 17:30 - 18:00 - FIT	
18:00	B.COMBAT 18:00 - 18:50 - ST1 SMART CYCLING 18:00 - 18:50 - ST3 CROSSTRAINING 18:15 - 18:45 - FIT	B.BALANCE 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:00 - 18:50 - ST3 POWER 18:30 - 19:20 - ST1 QUEENAX 18:30 - 19:00 - FIT	SMART CYCLING 18:00 - 18:50 - ST3 STEP 18:00 - 18:50 - ST1	B.BALANCE 18:00 - 18:50 - ST2 POWER 18:30 - 19:20 - ST1	ZUMBA 18:00 - 18:50 - ST1 CROSSTRAINING 18:30 - 19:00 - FIT		
19:00	AQUA GYM 19:00 - 19:50 - AQA B.BALANCE 19:00 - 19:50 - ST2 B.PUMP 19:00 - 19:50 - ST1 QUEENAX 19:00 - 19:30 - FIT SMART CYCLING 19:30 - 20:20 - ST3	AQUA FITNESS 19:00 - 19:50 - AQA PILATES NOVEL 19:00 - 19:50 - ST2 SMART CYCLING 19:00 - 19:50 - ST3 CROSSTRAINING 19:15 - 19:45 - FIT ZUMBA 19:30 - 20:00 - ST1	AQUA GYM 19:00 - 19:50 - AQA B.BALANCE 19:00 - 19:50 - ST2 B.PUMP 19:00 - 19:50 - ST1 QUEENAX 19:30 - 20:00 - FIT	AQUA FITNESS 19:00 - 19:50 - AQA B.ATTACK 30 19:00 - 19:30 - ST2 SMART CYCLING 19:00 - 19:50 - ST3 HIIT 19:30 - 20:00 - ST1 ZUMBA 19:30 - 20:20 - ST2	AQUA GYM 19:00 - 19:50 - AQA CORE 19:00 - 19:30 - ST1 SMART CYCLING 19:30 - 20:20 - ST3	CYCLING VIRTUAL 19:00 - 19:50 - ST3	
20:00	B.ATTACK 20:00 - 20:50 - ST1 PILATES 20:00 - 20:50 - ST2 CROSSTRAINING 20:15 - 20:45 - FIT SMART CYCLING 20:30 - 21:20 - ST3	B.COMBAT 20:00 - 20:50 - ST1 CORE 20:00 - 20:30 - ST2 SMART CYCLING 20:00 - 20:50 - ST3 QUEENAX 20:30 - 21:00 - FIT YOGA 20:30 - 21:20 - ST2	SMART CYCLING 20:00 - 20:50 - ST3 ZUMBA 20:00 - 20:50 - ST1 CROSSTRAINING 20:15 - 20:45 - FIT	CORE 20:00 - 20:30 - ST1 B.COMBAT 20:30 - 21:20 - ST1 HIIT 20:30 - 21:20 - OUT SMART CYCLING 20:30 - 21:20 - ST3 YOGA 20:30 - 21:20 - ST2	QUEENAX 20:00 - 20:30 - FIT B.PUMP 20:30 - 21:20 - ST1		
21:00	HIIT 21:00 - 21:30 - ST1 QUEENAX 21:00 - 21:30 - FIT B.COMBAT 21:30 - 22:20 - ST1 ZUMBA 21:30 - 22:20 - ST2	CYCLING VIRTUAL 21:00 - 21:50 - ST3 HIIT 21:00 - 21:30 - ST1 B.PUMP 21:30 - 22:20 - ST1	CORE 21:00 - 21:30 - ST1 CYCLING VIRTUAL 21:15 - 22:05 - ST3 PILATES 21:15 - 22:05 - ST2 B.COMBAT 21:30 - 22:20 - ST1 QUEENAX 21:30 - 22:00 - FIT	QUEENAX 21:00 - 21:30 - FIT CROSSTRAINING 21:45 - 22:15 - FIT			

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