

# HORARIO de actividades dirigidas

Centro

Horario Completo

| HORA  | LUNES                                                                                                                                 | MARTES                                                                                                                                 | MIÉRCOLES                                                                                                                           | JUEVES                                                                                                                                 | VIERNES                                                                                                                                 | SÁBADO                                                                                                                            | DOMINGO                                                                                                                           |
|-------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 06:00 | LM CORE VIRT.<br>06:45 - 07:15 - Studio 2                                                                                             | B.COMBAT VIRT.30<br>06:45 - 07:15 - Studio 1                                                                                           | RPM VIRTUAL 30<br>06:45 - 07:15 - Cycling                                                                                           | B.BALANCE VIRT.30<br>06:45 - 07:15 - Studio 2                                                                                          | LM CORE VIRT.<br>06:45 - 07:15 - Studio 2                                                                                               |                                                                                                                                   |                                                                                                                                   |
| 07:00 | B.PUMP<br>07:00 - 07:45 - Studio 1                                                                                                    | CYCLING<br>07:00 - 07:50 - Cycling                                                                                                     | B.BALANCE VIRTUAL<br>07:00 - 07:55 - Studio 2                                                                                       | CYCLING<br>07:00 - 07:50 - Cycling                                                                                                     | GRIT<br>07:00 - 07:30 - Studio 1                                                                                                        |                                                                                                                                   |                                                                                                                                   |
|       | B.BALANCE VIRTUAL<br>07:15 - 08:10 - Studio 2<br>RPM VIRTUAL<br>07:30 - 08:15 - Cycling                                               | B.PUMP VIRTUAL<br>07:30 - 08:25 - Studio 1                                                                                             | B.PUMP VIRTUAL<br>07:00 - 07:55 - Studio 1<br>RPM VIRTUAL<br>07:30 - 08:20 - Cycling                                                | LM CORE VIRT.<br>07:15 - 07:45 - Studio 2<br>B.PUMP VIRTUAL<br>07:30 - 08:25 - Studio 1                                                | RPM VIRTUAL<br>07:00 - 07:50 - Cycling<br>B.BALANCE VIRTUAL<br>07:30 - 08:25 - Studio 2<br>LES MILLS CORE<br>07:30 - 08:00 - Studio 1   |                                                                                                                                   |                                                                                                                                   |
| 08:00 | B.COMBAT VIRTUAL<br>08:15 - 09:10 - Studio 1<br>LM CORE VIRT.<br>08:30 - 09:00 - Studio 2<br>RPM VIRTUAL<br>08:30 - 09:15 - Cycling   | LM CORE VIRT.<br>08:00 - 08:30 - Studio 2<br>RPM VIRTUAL<br>08:00 - 08:50 - Cycling<br>B.PUMP VIRTUAL<br>08:30 - 09:25 - Studio 1      | B.COMBAT VIRTUAL<br>08:15 - 09:10 - Studio 1<br>LM CORE VIRT.<br>08:30 - 09:00 - Studio 2<br>RPM VIRTUAL<br>08:30 - 09:20 - Cycling | LM CORE VIRT.<br>08:00 - 08:30 - Studio 2<br>RPM VIRTUAL<br>08:00 - 08:50 - Cycling<br>B.PUMP VIRTUAL<br>08:30 - 09:25 - Studio 1      | RPM VIRTUAL<br>08:00 - 08:50 - Cycling<br>B.COMBAT VIRTUAL<br>08:15 - 09:10 - Studio 1                                                  |                                                                                                                                   |                                                                                                                                   |
| 09:00 | B.PUMP<br>09:30 - 10:15 - Studio 1<br>RPM VIRTUAL<br>09:30 - 10:15 - Cycling                                                          | RPM VIRTUAL<br>09:00 - 09:50 - Cycling<br>FUNCIONAL<br>09:30 - 10:00 - Fitness<br>YOGA<br>09:30 - 10:25 - Studio 2                     | B.PUMP VIRTUAL<br>09:30 - 10:25 - Studio 1<br>RPM VIRTUAL<br>09:30 - 10:20 - Cycling<br>ZUMBA<br>09:30 - 10:25 - Studio 2           | RPM VIRTUAL<br>09:00 - 09:50 - Cycling<br>FUNCIONAL<br>09:30 - 10:00 - Fitness<br>YOGA<br>09:30 - 10:25 - Studio 2                     | B.PUMP VIRTUAL<br>09:30 - 10:25 - Studio 1<br>CYCLING<br>09:30 - 10:20 - Cycling<br>SH'BAM VIRTUAL<br>09:30 - 10:15 - Studio 2          | LM CORE VIRT.<br>09:30 - 10:00 - Studio 1<br>RPM VIRTUAL<br>09:30 - 10:20 - Cycling                                               | B.PUMP VIRTUAL<br>09:30 - 10:25 - Studio 1<br>RPM VIRTUAL<br>09:30 - 10:20 - Cycling                                              |
| 10:00 | CYCLING<br>10:30 - 11:20 - Cycling<br>PILATES<br>10:30 - 11:25 - Studio 2                                                             | LES MILLS CORE<br>10:00 - 10:30 - Studio 1<br>RPM VIRTUAL<br>10:00 - 10:50 - Cycling<br>B.PUMP<br>10:30 - 11:25 - Studio 1             | CYCLING<br>10:30 - 11:20 - Cycling<br>PILATES<br>10:30 - 11:25 - Studio 2                                                           | LES MILLS CORE<br>10:00 - 10:30 - Studio 1<br>RPM VIRTUAL<br>10:00 - 10:50 - Cycling<br>B.PUMP<br>10:30 - 11:25 - Studio 1             | B.BALANCE<br>10:30 - 11:25 - Studio 2<br>LM CORE VIRT.<br>10:30 - 11:00 - Studio 1<br>RPM VIRTUAL<br>10:30 - 11:20 - Cycling            | B.PUMP<br>10:30 - 11:25 - Studio 1<br>RPM VIRTUAL<br>10:30 - 11:20 - Cycling                                                      | B.COMBAT VIRTUAL<br>10:30 - 11:25 - Studio 1<br>RPM VIRTUAL<br>10:30 - 11:20 - Cycling                                            |
| 11:00 | LES MILLS CORE<br>11:30 - 12:00 - Studio 1<br>RPM VIRTUAL<br>11:30 - 12:00 - Cycling                                                  | RPM VIRTUAL<br>11:00 - 11:50 - Cycling<br>HIIT<br>11:30 - 12:00 - Fitness<br>SALUD ACTIVA<br>11:30 - 12:25 - Studio 2                  | B.PUMP<br>11:30 - 12:25 - Studio 1<br>RPM VIRTUAL<br>11:30 - 12:20 - Cycling                                                        | RPM VIRTUAL<br>11:00 - 11:50 - Cycling<br>HIIT<br>11:30 - 12:00 - Fitness<br>SALUD ACTIVA<br>11:30 - 12:25 - Studio 2                  | B.COMBAT VIRTUAL<br>11:00 - 11:55 - Studio 1<br>RPM VIRTUAL<br>11:30 - 12:20 - Cycling                                                  | B.COMBAT VIRTUAL<br>11:30 - 12:25 - Studio 1<br>CYCLING<br>11:30 - 12:20 - Cycling                                                | RPM VIRTUAL<br>11:30 - 12:20 - Cycling                                                                                            |
| 12:00 | B.BALANCE VIRTUAL<br>12:00 - 12:55 - Studio 2<br>B.PUMP VIRTUAL<br>12:30 - 13:25 - Studio 1<br>RPM VIRTUAL<br>12:30 - 13:15 - Cycling | BOXEO<br>12:00 - 12:55 - Studio 1<br>CYCLING<br>12:30 - 13:20 - Cycling                                                                | B.BALANCE VIRTUAL<br>12:00 - 12:55 - Studio 2<br>RPM VIRTUAL<br>12:30 - 13:20 - Cycling                                             | B.PUMP VIRTUAL<br>12:30 - 13:25 - Studio 1<br>CYCLING<br>12:30 - 13:20 - Cycling                                                       | B.BALANCE VIRTUAL<br>12:00 - 12:55 - Studio 2<br>B.COMBAT VIRTUAL<br>12:30 - 13:25 - Studio 1<br>RPM VIRTUAL<br>12:30 - 13:20 - Cycling | LES MILLS CORE<br>12:30 - 13:00 - Studio 1<br>LM CORE VIRT.<br>12:30 - 13:00 - Studio 1<br>RPM VIRTUAL<br>12:30 - 13:20 - Cycling | LM CORE VIRT.<br>12:00 - 12:30 - Studio 1<br>B.PUMP VIRTUAL<br>12:30 - 13:25 - Studio 1<br>RPM VIRTUAL<br>12:30 - 13:20 - Cycling |
| 13:00 | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br>LM CORE VIRT.<br>13:30 - 14:00 - Studio 1<br>RPM VIRTUAL<br>13:30 - 14:20 - Cycling      | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br>B.COMBAT VIRTUAL<br>13:30 - 14:25 - Studio 2<br>LM CORE VIRT.<br>13:30 - 14:00 - Studio 1 | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br>RPM VIRTUAL<br>13:30 - 14:20 - Cycling                                                 | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br>B.COMBAT VIRTUAL<br>13:30 - 14:25 - Studio 2<br>LM CORE VIRT.<br>13:30 - 14:00 - Studio 1 | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br>LM CORE VIRT.<br>13:30 - 14:00 - Studio 1<br>RPM VIRTUAL<br>13:30 - 14:20 - Cycling        | HIIT<br>13:00 - 13:30 - Fitness<br>B.PUMP VIRTUAL<br>13:15 - 14:10 - Studio 1<br>RPM VIRTUAL<br>13:30 - 14:20 - Cycling           | B.COMBAT VIRTUAL<br>13:30 - 14:25 - Studio 1<br>RPM VIRTUAL<br>13:30 - 14:20 - Cycling                                            |

# HORARIO de actividades dirigidas

Centro

**YO10**  
sportclub

| HORA  | LUNES                                         | MARTES                                        | MIÉRCOLES                                     | JUEVES                                       | VIERNES                                       | SÁBADO                                       | DOMINGO                                   |
|-------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|----------------------------------------------|-----------------------------------------------|----------------------------------------------|-------------------------------------------|
| 14:00 | KINESIS-CORE<br>14:00 - 14:30 - Fitness       | HIIT<br>14:00 - 14:30 - Fitness               | GRIT<br>14:00 - 14:30 - Studio 1              | KINESIS-CORE<br>14:00 - 14:30 - Fitness      | B.BALANCE VIRTUAL<br>14:00 - 14:55 - Studio 2 | RPM VIRTUAL<br>14:30 - 15:20 - Cycling       | LM CORE VIRT.<br>14:00 - 14:30 - Studio 1 |
|       | LM CORE VIRT.<br>14:00 - 14:30 - Studio 2     | RPM VIRTUAL<br>14:00 - 14:50 - Cycling        | LM CORE VIRT.<br>14:00 - 14:30 - Studio 2     | RPM VIRTUAL<br>14:00 - 14:50 - Cycling       | B.PUMP<br>14:30 - 15:15 - Studio 1            |                                              |                                           |
|       | B.COMBAT<br>14:30 - 15:25 - Studio 1          | B.PUMP 30<br>14:30 - 15:00 - Studio 1         | B.PUMP VIRTUAL<br>14:30 - 15:25 - Studio 1    | GRIT<br>14:30 - 15:00 - Studio 1             | RPM VIRTUAL<br>14:30 - 15:20 - Cycling        |                                              |                                           |
|       | B.PUMP VIRTUAL<br>14:30 - 15:25 - Studio 2    |                                               | CYCLING<br>14:30 - 15:20 - Cycling            |                                              |                                               |                                              |                                           |
| 15:00 | RPM VIRTUAL<br>14:30 - 15:20 - Cycling        |                                               | YOGA<br>14:30 - 15:25 - Studio 2              |                                              |                                               |                                              |                                           |
|       | B.BALANCE VIRTUAL<br>15:30 - 16:25 - Studio 2 | LES MILLS CORE<br>15:00 - 15:30 - Studio 1    | B.BALANCE VIRTUAL<br>15:30 - 16:25 - Studio 2 | B.COMBAT VIRTUAL<br>15:00 - 15:55 - Studio 2 | RPM VIRTUAL<br>15:30 - 16:20 - Cycling        | B.COMBAT VIRTUAL<br>15:00 - 15:55 - Studio 1 |                                           |
|       | RPM VIRTUAL<br>15:30 - 16:15 - Cycling        | RPM VIRTUAL<br>15:00 - 15:50 - Cycling        | RPM VIRTUAL<br>15:30 - 16:20 - Cycling        | CICLO XPRESS<br>15:00 - 15:30 - Cycling      |                                               | RPM VIRTUAL<br>15:30 - 16:20 - Cycling       |                                           |
|       |                                               | B.BALANCE VIRTUAL<br>15:30 - 16:25 - Studio 2 |                                               | LM CORE VIRT.<br>15:30 - 16:00 - Studio 1    |                                               |                                              |                                           |
| 16:00 | B.PUMP VIRTUAL<br>16:00 - 16:55 - Studio 1    | B.COMBAT VIRTUAL<br>16:00 - 16:55 - Studio 1  | B.PUMP VIRTUAL<br>16:00 - 16:55 - Studio 1    | B.COMBAT VIRTUAL<br>16:00 - 16:55 - Studio 1 | LM CORE VIRT.<br>16:00 - 16:30 - Studio 2     | LM CORE VIRT.<br>16:30 - 17:00 - Studio 1    |                                           |
|       | RPM VIRTUAL<br>16:30 - 17:15 - Cycling        | RPM VIRTUAL<br>16:00 - 16:50 - Cycling        | RPM VIRTUAL<br>16:30 - 17:20 - Cycling        | RPM VIRTUAL<br>16:00 - 16:50 - Cycling       | B.COMBAT VIRTUAL<br>16:30 - 17:25 - Studio 1  | RPM VIRTUAL<br>16:30 - 17:20 - Cycling       |                                           |
|       |                                               | SH'BAM VIRTUAL<br>16:30 - 17:15 - Studio 2    |                                               | SH'BAM VIRTUAL<br>16:30 - 17:15 - Studio 2   | RPM VIRTUAL<br>16:30 - 17:20 - Cycling        |                                              |                                           |
|       |                                               |                                               |                                               |                                              |                                               |                                              |                                           |
| 17:00 | RPM VIRTUAL<br>17:30 - 18:20 - Cycling        | RPM VIRTUAL<br>17:00 - 17:50 - Cycling        | LM CORE VIRT.<br>17:00 - 17:30 - Studio 2     | RPM VIRTUAL<br>17:00 - 17:50 - Cycling       | RPM VIRTUAL<br>17:30 - 18:20 - Cycling        | B.PUMP VIRTUAL<br>17:30 - 18:25 - Studio 1   |                                           |
|       | ZUMBA<br>17:30 - 18:25 - Studio 1             | B.BALANCE<br>17:30 - 18:25 - Studio 2         | RPM VIRTUAL<br>17:30 - 18:20 - Cycling        | PILATES<br>17:30 - 18:25 - Studio 1          | YOGA<br>17:30 - 18:25 - Studio 2              | RPM VIRTUAL<br>17:30 - 18:20 - Cycling       |                                           |
|       |                                               | B.PUMP VIRTUAL<br>17:30 - 18:25 - Studio 1    | SALUD ACTIVA<br>17:30 - 18:25 - Studio 2      |                                              |                                               |                                              |                                           |
|       |                                               |                                               | ZUMBA<br>17:30 - 18:25 - Studio 1             |                                              |                                               |                                              |                                           |
| 18:00 | KINESIS-CORE<br>18:00 - 18:30 - Fitness       | REMO<br>18:00 - 18:30 - Fitness               | KINESIS-CORE<br>18:00 - 18:30 - Fitness       | REMO<br>18:00 - 18:30 - Fitness              | B.PUMP 30<br>18:00 - 18:30 - Studio 1         | B.PUMP VIRTUAL<br>18:30 - 19:25 - Studio 1   |                                           |
|       | CYCLING<br>18:30 - 19:20 - Cycling            | RPM VIRTUAL<br>18:00 - 18:50 - Cycling        | CYCLING<br>18:30 - 19:20 - Cycling            | RPM VIRTUAL<br>18:00 - 18:50 - Cycling       | LES MILLS CORE<br>18:30 - 19:00 - Studio 1    | RPM VIRTUAL<br>18:30 - 19:20 - Cycling       |                                           |
|       | LM CORE VIRT.<br>18:30 - 19:00 - Studio 1     | LES MILLS CORE<br>18:30 - 19:00 - Studio 1    | PILATES<br>18:30 - 19:25 - Studio 2           | GRIT<br>18:30 - 19:00 - Studio 1             | RPM VIRTUAL<br>18:30 - 19:20 - Cycling        |                                              |                                           |
|       | PILATES<br>18:30 - 19:25 - Studio 2           |                                               |                                               |                                              |                                               |                                              |                                           |
| 19:00 | B.PUMP<br>19:00 - 19:55 - Studio 1            | 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.COMBAT<br>19:00 - 19:55 - Studio 1          |                                              |                                           |
|       | LES MILLS CORE<br>19:30 - 20:00 - Studio 2    | ZUMBA<br>19:00 - 19:55 - Studio 2             | LES MILLS CORE<br>19:30 - 20:00 - Studio 2    | KINESIS-CORE<br>19:00 - 19:30 - Fitness      | HIIT<br>19:00 - 19:30 - Fitness               |                                              |                                           |
|       | REMO<br>19:30 - 20:00 - Fitness               | CYCLING<br>19:30 - 20:20 - Cycling            | RPM VIRTUAL<br>19:30 - 20:20 - Cycling        | ZUMBA<br>19:00 - 19:55 - Studio 2            | SH'BAM VIRTUAL<br>19:00 - 19:45 - Studio 2    |                                              |                                           |
|       | RPM VIRTUAL<br>19:30 - 20:20 - Cycling        | KINESIS-CORE<br>19:30 - 20:00 - Fitness       |                                               | CYCLING<br>19:30 - 20:20 - Cycling           | CYCLING<br>19:30 - 20:20 - Cycling            |                                              |                                           |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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sportclub

| HORA  | LUNES                                            | MARTES                                              | MIÉRCOLES                                     | JUEVES                                              | VIERNES                                              | SÁBADO | DOMINGO |
|-------|--------------------------------------------------|-----------------------------------------------------|-----------------------------------------------|-----------------------------------------------------|------------------------------------------------------|--------|---------|
| 20:00 | <b>B.ATTACK</b><br>20:00 - 20:45 - Studio 1      | <b>B.BALANCE</b><br>20:00 - 20:55 - Studio 2        | <b>B.ATTACK</b><br>20:00 - 20:45 - Studio 1   | <b>B.BALANCE</b><br>20:00 - 20:55 - Studio 2        | <b>B.BALANCE VIRTUAL</b><br>20:00 - 20:55 - Studio 2 |        |         |
|       | <b>HIIT</b><br>20:00 - 20:30 - Fitness           | <b>GRIT</b><br>20:00 - 20:30 - Studio 1             | <b>HIIT</b><br>20:00 - 20:30 - Fitness        | <b>LES MILLS CORE</b><br>20:00 - 20:30 - Studio 1   | <b>B.PUMP VIRTUAL</b><br>20:30 - 21:25 - Studio 1    |        |         |
|       | <b>YOGA</b><br>20:00 - 20:55 - Studio 2          | <b>B.PUMP</b><br>20:30 - 21:25 - Studio 1           | <b>YOGA</b><br>20:00 - 20:55 - Studio 2       | <b>B.PUMP</b><br>20:30 - 21:25 - Studio 1           | <b>RPM VIRTUAL</b><br>20:30 - 21:20 - Cycling        |        |         |
|       | <b>CYCLING</b><br>20:30 - 21:20 - Cycling        | <b>REMO</b><br>20:30 - 21:00 - Fitness              | <b>REMO</b><br>20:30 - 21:00 - Fitness        | <b>RPM VIRTUAL</b><br>20:30 - 21:20 - Cycling       |                                                      |        |         |
| 21:00 |                                                  | <b>RPM VIRTUAL</b><br>20:30 - 21:20 - Cycling       | <b>RPM VIRTUAL</b><br>20:30 - 21:20 - Cycling |                                                     |                                                      |        |         |
|       | <b>BOXEO</b><br>21:00 - 21:55 - Studio 1         | <b>LM CORE VIRT.</b><br>21:00 - 21:30 - Studio 2    | <b>BOXEO</b><br>21:00 - 21:55 - Studio 1      | <b>LM CORE VIRT.</b><br>21:30 - 22:00 - Studio 2    | <b>LM CORE VIRT.</b><br>21:30 - 22:00 - Studio 1     |        |         |
|       | <b>LM CORE VIRT.</b><br>21:30 - 22:00 - Studio 2 | <b>RPM VIRTUAL</b><br>21:30 - 22:20 - Cycling       | <b>RPM VIRTUAL</b><br>21:30 - 22:20 - Cycling | <b>RPM VIRTUAL</b><br>21:30 - 22:20 - Cycling       | <b>RPM VIRTUAL</b><br>21:30 - 22:20 - Cycling        |        |         |
|       | <b>RPM VIRTUAL</b><br>21:30 - 22:20 - Cycling    | <b>B.COMBAT VIRT.30</b><br>21:45 - 22:15 - Studio 1 |                                               | <b>B.COMBAT VIRT.30</b><br>21:45 - 22:15 - Studio 1 |                                                      |        |         |

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