

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1 REMO VIRTUAL 06:45 - 07:00 - Fitness	LM CORE VIRT. 06:45 - 07:05 - Studio 2 REMO VIRTUAL 06:45 - 07:00 - Fitness RPM VIRTUAL 06:45 - 07:30 - Cycling	B.BALANCE VIRTUAL 06:45 - 07:30 - Studio 2 REMO VIRTUAL 06:45 - 07:00 - Fitness	LM CORE VIRT. 06:45 - 07:05 - Studio 2 REMO VIRTUAL 06:45 - 07:00 - Fitness RPM VIRTUAL 06:45 - 07:30 - Cycling	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1 REMO VIRTUAL 06:45 - 07:00 - Fitness		
07:00	RPM VIRTUAL 07:00 - 07:45 - Cycling		RPM VIRTUAL 07:00 - 07:45 - Cycling		RPM VIRTUAL 07:00 - 07:45 - Cycling		
08:00	RPM VIRTUAL 08:30 - 09:10 - Cycling	RPM VIRTUAL 08:15 - 09:00 - Cycling B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	RPM VIRTUAL 08:30 - 09:15 - Cycling	RPM VIRTUAL 08:15 - 09:00 - Cycling B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	B.BALANCE VIRTUAL 08:30 - 09:15 - Studio 2		
09:00	LM CORE VIRT. 09:00 - 09:20 - Studio 2 B.PUMP 09:30 - 10:10 - Studio 1 REMO VIRTUAL 09:30 - 09:45 - Fitness RPM VIRTUAL 10:00 - 10:45 - Cycling PILATES 10:30 - 11:10 - Studio 2	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2 REMO VIRTUAL 09:30 - 09:45 - Fitness	LM CORE VIRT. 09:00 - 09:20 - Studio 2 B.PUMP 09:30 - 10:10 - Studio 1 REMO VIRTUAL 09:30 - 09:45 - Fitness RPM VIRTUAL 10:00 - 10:45 - Cycling B.BALANCE 10:30 - 11:10 - Studio 2 LM CORE VIRT. 10:30 - 10:50 - Studio 1	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2 REMO VIRTUAL 09:30 - 09:45 - Fitness RPM VIRTUAL 10:00 - 10:45 - Cycling B.PUMP 10:30 - 11:10 - Studio 1	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1 CYCLING 09:30 - 10:10 - Cycling REMO VIRTUAL 09:30 - 09:45 - Fitness PILATES 10:30 - 11:10 - Studio 2	RPM VIRTUAL 09:30 - 10:15 - Cycling REMO VIRTUAL 09:45 - 10:00 - Fitness	RPM VIRTUAL 09:30 - 10:15 - Cycling REMO VIRTUAL 09:45 - 10:00 - Fitness
10:00		RPM VIRTUAL 10:00 - 10:45 - Cycling B.PUMP 10:30 - 11:10 - Studio 1	RPM VIRTUAL 10:00 - 10:45 - Cycling B.BALANCE 10:30 - 11:10 - Studio 2 LM CORE VIRT. 10:30 - 10:50 - Studio 1	RPM VIRTUAL 10:00 - 10:45 - Cycling B.PUMP 10:30 - 11:10 - Studio 1		SH'BAM VIRTUAL 10:00 - 10:45 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1	SH'BAM VIRTUAL 10:00 - 10:45 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1
11:00	CYCLING 11:30 - 12:10 - Cycling LM CORE VIRT. 11:30 - 11:50 - Studio 1	RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:10 - Studio 2	CYCLING 11:30 - 12:10 - Cycling LM CORE VIRT. 11:30 - 11:50 - Studio 1	RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:10 - Studio 2	RPM VIRTUAL 11:00 - 11:45 - Cycling LM CORE VIRT. 11:30 - 11:50 - Studio 1	RPM VIRTUAL 11:00 - 11:45 - Cycling B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2 REMO VIRTUAL 11:30 - 11:45 - Fitness	RPM VIRTUAL 11:00 - 11:45 - Cycling B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2 REMO VIRTUAL 11:30 - 11:45 - Fitness
12:00	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness LM CORE VIRT. 13:00 - 13:20 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness RPM VIRTUAL 13:00 - 13:45 - Cycling SH'BAM VIRTUAL 13:00 - 13:45 - Studio 2 LM CORE VIRT. 13:30 - 13:50 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness LM CORE VIRT. 13:00 - 13:20 - Studio 2	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness RPM VIRTUAL 13:00 - 13:45 - Cycling SH'BAM VIRTUAL 13:00 - 13:45 - Studio 2 LM CORE VIRT. 13:30 - 13:50 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness B.COMBAT VIRTUAL 13:00 - 13:45 - Studio 2	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Cycling LM CORE VIRT. 13:00 - 13:20 - Studio 2 REMO VIRTUAL 13:00 - 13:15 - Fitness B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Cycling LM CORE VIRT. 13:00 - 13:20 - Studio 2 REMO VIRTUAL 13:00 - 13:15 - Fitness B.PUMP VIRTUAL 13:30 - 14:15 - Studio 1
13:00							
14:00	REMO VIRTUAL 14:15 - 14:30 - Fitness B.COMBAT 14:30 - 15:10 - Studio 1 B.PUMP VIRTUAL 14:30 - 15:15 - Studio 2 RPM VIRTUAL 14:30 - 15:15 - Cycling	REMO VIRTUAL 14:15 - 14:30 - Fitness B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2 B.PUMP 14:30 - 15:10 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	REMO VIRTUAL 14:15 - 14:30 - Fitness B.PUMP VIRTUAL 14:30 - 15:15 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling YOGA 14:30 - 15:10 - Studio 2	REMO VIRTUAL 14:15 - 14:30 - Fitness B.COMBAT VIRTUAL 14:30 - 15:15 - Studio 2 CYCLING 14:30 - 15:10 - Cycling LM CORE VIRT. 14:30 - 14:50 - Studio 1	REMO VIRTUAL 14:15 - 14:30 - Fitness B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2 B.PUMP 14:30 - 15:10 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:00 - 14:45 - Cycling REMO VIRTUAL 14:30 - 14:45 - Fitness	RPM VIRTUAL 14:00 - 14:45 - Cycling
15:00						B.COMBAT VIRTUAL 15:00 - 15:45 - Studio 1 RPM VIRTUAL 15:30 - 16:15 - Cycling	

HORARIO de actividades dirigidas

Centro

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
16:00	RPM VIRTUAL 16:00 - 16:45 - Cycling LM CORE VIRT. 16:30 - 16:50 - Studio 2	B.COMBAT VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Cycling LM CORE VIRT. 16:30 - 16:50 - Studio 2	B.COMBAT VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Cycling B.COMBAT VIRTUAL 16:30 - 17:15 - Studio 1	LM CORE VIRT. 16:30 - 16:50 - Studio 1	
17:00	B.PUMP VIRTUAL 17:00 - 17:45 - Studio 1 RPM VIRTUAL 17:30 - 18:15 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling SH'BAM VIRTUAL 17:00 - 17:45 - Studio 2 B.PUMP VIRTUAL 17:30 - 18:15 - Studio 1	B.PUMP VIRTUAL 17:00 - 17:45 - Studio 1 RPM VIRTUAL 17:30 - 18:15 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling SH'BAM VIRTUAL 17:00 - 17:45 - Studio 2 B.PUMP VIRTUAL 17:30 - 18:15 - Studio 1	LM CORE VIRT. 17:00 - 17:20 - Studio 2 RPM VIRTUAL 17:30 - 18:15 - Cycling	B.BALANCE VIRTUAL 17:00 - 17:45 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling B.PUMP VIRTUAL 17:30 - 18:15 - Studio 1 REMO VIRTUAL 17:30 - 17:45 - Fitness	
18:00	B.COMBAT VIRTUAL 18:00 - 18:45 - Studio 2 REMO VIRTUAL 18:00 - 18:15 - Fitness LES MILLS CORE 18:30 - 18:50 - Studio 1	REMO VIRTUAL 18:00 - 18:15 - Fitness PILATES 18:30 - 19:10 - Studio 2 RPM VIRTUAL 18:30 - 19:15 - Cycling	B.COMBAT VIRTUAL 18:00 - 18:45 - Studio 2 REMO VIRTUAL 18:00 - 18:15 - Fitness LES MILLS CORE 18:30 - 18:50 - Studio 1	REMO VIRTUAL 18:00 - 18:15 - Fitness PILATES 18:30 - 19:10 - Studio 2 RPM VIRTUAL 18:30 - 19:15 - Cycling	B.PUMP VIRTUAL 18:00 - 18:45 - Studio 1 REMO VIRTUAL 18:00 - 18:15 - Fitness YOGA 18:30 - 19:10 - Studio 2	B.COMBAT VIRTUAL 18:30 - 19:15 - Studio 2 RPM VIRTUAL 18:30 - 19:15 - Cycling	
19:00	REMO VIRTUAL 19:00 - 19:15 - Fitness RPM VIRTUAL 19:00 - 19:45 - Cycling B.PUMP 19:30 - 20:10 - Studio 1	B.COMBAT 19:00 - 19:40 - Studio 1 REMO VIRTUAL 19:00 - 19:15 - Fitness	REMO VIRTUAL 19:00 - 19:15 - Fitness RPM VIRTUAL 19:00 - 19:45 - Cycling B.PUMP 19:30 - 20:10 - Studio 1	B.COMBAT 19:00 - 19:40 - Studio 1 REMO VIRTUAL 19:00 - 19:15 - Fitness	REMO VIRTUAL 19:00 - 19:15 - Fitness RPM VIRTUAL 19:00 - 19:45 - Cycling B.PUMP 19:30 - 20:10 - Studio 1	B.PUMP VIRTUAL 19:00 - 19:45 - Studio 1 REMO VIRTUAL 19:00 - 19:15 - Fitness	
20:00	YOGA 20:00 - 20:40 - Studio 2 B.PUMP 20:30 - 21:10 - Studio 1 CYCLING 20:30 - 21:10 - Cycling REMO VIRTUAL 20:30 - 20:45 - Fitness	CYCLING 20:00 - 20:40 - Cycling LM CORE VIRT. 20:00 - 20:20 - Studio 2 REMO VIRTUAL 20:30 - 20:45 - Fitness	YOGA 20:00 - 20:40 - Studio 2 CYCLING 20:30 - 21:10 - Cycling REMO VIRTUAL 20:30 - 20:45 - Fitness	CYCLING 20:00 - 20:40 - Cycling LM CORE VIRT. 20:00 - 20:20 - Studio 2 REMO VIRTUAL 20:30 - 20:45 - Fitness	B.BALANCE VIRTUAL 20:00 - 20:45 - Studio 2 REMO VIRTUAL 20:30 - 20:45 - Fitness RPM VIRTUAL 20:30 - 21:15 - Cycling		
21:00	LM CORE VIRT. 21:30 - 21:50 - Studio 2 REMO VIRTUAL 21:30 - 21:45 - Fitness	B.PUMP 21:00 - 21:40 - Studio 1 REMO VIRTUAL 21:30 - 21:45 - Fitness RPM VIRTUAL 21:30 - 22:15 - Cycling	B.COMBAT VIRTUAL 21:00 - 21:45 - Studio 1 LM CORE VIRT. 21:30 - 21:50 - Studio 2 REMO VIRTUAL 21:30 - 21:45 - Fitness	B.PUMP 21:00 - 21:40 - Studio 1 REMO VIRTUAL 21:30 - 21:45 - Fitness RPM VIRTUAL 21:30 - 22:15 - Cycling	B.COMBAT VIRTUAL 21:00 - 21:45 - Studio 1 REMO VIRTUAL 21:30 - 21:45 - Fitness		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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