HORARIO
de actividades dirigidas

Centro — Horario Completo

YO10 sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2		
08:00	PILATES 08:00 - 08:50 - ST1 PILATES LIVE 08:00 - 08:50 - ST1	B.PUMP 08:00 - 08:50 - ST1 BODYPUMP LIVE 08:00 - 08:50 - ST1	PILATES 08:00 - 08:50 - ST1 PILATES LIVE 08:00 - 08:50 - ST1	LM CORE VIRT. 08:00 - 08:30 - ST1	PUMP VIRTUAL 08:00 - 08:50 - ST1		
09:00	B. COMBAT VIRTUAL 09:00 - 09:50 - ST1 RPM VIRTUAL 09:00 - 09:50 - ST2	RPM VIRTUAL 09:00 - 09:50 - ST2 B. COMBAT VIRTUAL 09:30 - 10:20 - ST1	RPM VIRTUAL 09:00 - 09:50 - ST2 SH'BAM VIRTUAL 09:00 - 09:50 - ST1	PUMP VIRTUAL 09:00 - 09:50 - ST1 RPM VIRTUAL 09:00 - 09:50 - ST2	RPM VIRTUAL 09:00 - 09:50 - ST2 B. COMBAT VIRTUAL 09:30 - 10:20 - ST1	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1 RPM VIRTUAL 09:30 - 10:20 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1 RPM VIRTUAL 09:30 - 10:20 - ST2
10:00	B.PUMP 10:30 - 11:20 - ST1 BODYPUMP LIVE 10:30 - 11:20 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2	B.BALANCE 10:30 - 11:20 - ST1 BODYBALANCE LIVE 10:30 - 11:20 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST1 BODYPUMP LIVE 10:30 - 11:20 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2	CORE 10:00 - 10:30 - ST1 CORE LIVE 10:00 - 10:30 - ST1 B.ATTACK 30 10:30 - 11:00 - ST1 BODYATTACK LIVE 10:30 - 11:00 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2	ZUMBA 10:00 - 10:50 - ST1 ZUMBA LIVE 10:00 - 10:50 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2		
11:00	LM CORE VIRT. 11:30 - 12:00 - ST1 SMART CYCLING 11:30 - 12:20 - ST2	PUMP VIRTUAL 11:30 - 12:20 - ST1	B. COMBAT VIRTUAL 11:30 - 12:20 - ST1	SMART CYCLING 11:30 - 12:20 - ST2	HIIT 11:30 - 12:00 - ST1 HIIT LIVE 11:30 - 12:00 - ST1	PUMP VIRTUAL 11:30 - 12:20 - ST1 RPM VIRTUAL 11:30 - 12:20 - ST2	PUMP VIRTUAL 11:30 - 12:20 - ST1 RPM VIRTUAL 11:30 - 12:20 - ST2
12:00	AQUA GYM 12:30 - 13:20 - AQA SH'BAM VIRTUAL 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQA RPM VIRTUAL 12:30 - 13:20 - ST2 ZUMBA 12:30 - 13:20 - ST1 ZUMBA LIVE 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQA PUMP VIRTUAL 12:30 - 13:20 - ST1	AQUA GYM 12:30 - 13:20 - AQA SH'BAM VIRTUAL 12:30 - 13:20 - ST1	CORE 12:00 - 12:30 - ST1 CORE LIVE 12:00 - 12:30 - ST1 AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA B. COMBAT VIRTUAL 12:30 - 13:20 - ST1	AQUA GYM 12:00 - 12:50 - AQA LM CORE VIRT. 12:30 - 13:00 - ST1 RPM VIRTUAL 12:30 - 13:20 - ST2
13:00	PUMP VIRTUAL 13:30 - 14:20 - ST1	LM CORE VIRT. 13:30 - 14:00 - ST1	SMART CYCLING 13:30 - 14:20 - ST2	B. COMBAT VIRTUAL 13:30 - 14:20 - ST1 RPM VIRTUAL 13:30 - 14:20 - ST2	PUMP VIRTUAL 13:30 - 14:20 - ST1	LM CORE VIRT. 13:30 - 14:00 - ST1 RPM VIRTUAL 13:30 - 14:20 - ST2	
15:00	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	
16:00	AQUA GYM 16:30 - 17:20 - AQA B.ATTACK 16:30 - 17:20 - ST1 BODYATTACK LIVE 16:30 - 17:20 - ST1 RPM VIRTUAL 16:30 - 17:20 - ST2	AQUA GYM 16:30 - 17:20 - AQA SH'BAM VIRTUAL 16:30 - 17:20 - ST1 SMART CYCLING 16:30 - 17:20 - ST2	B.COMBAT 16:30 - 17:20 - ST1 BODYCOMBAT LIVE 16:30 - 17:20 - ST1 RPM VIRTUAL 16:30 - 17:20 - ST2	B.PUMP 16:30 - 17:20 - ST1 BODYPUMP LIVE 16:30 - 17:20 - ST1 RPM VIRTUAL 16:30 - 17:20 - ST2	B.BALANCE 16:30 - 17:20 - ST1 BODYBALANCE LIVE 16:30 - 17:20 - ST1 RPM VIRTUAL 16:30 - 17:20 - ST2	SH'BAM VIRTUAL 16:30 - 17:20 - ST1	

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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