HORARIO
de actividades dirigidas

Centro — Horario Completo

YO10 sportclub

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 - 07:15 - 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 - 07:15 - 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	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 RPM VIRTUAL 08:30 - 09:10 - Cycling	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2 RPM VIRTUAL 08:15 - 09:00 - Cycling B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:25 - Studio 1 RPM VIRTUAL 08:30 - 09:15 - Cycling	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2 RPM VIRTUAL 08:15 - 09:00 - Cycling B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B.BALANCE VIRTUAL 08:30 - 09:15 - Studio 2 RPM VIRTUAL 08:30 - 09:15 - Cycling		
09:00	LM CORE VIRT. 09:00 - 09:20 - Studio 2 B.PUMP 09:30 - 10:15 - Studio 1 BODYPUMP LIVE 09:30 - 10:15 - Studio 1 REMO VIRTUAL 09:30 - 09:45 - Fitness	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 - 10:15 - Studio 1 BODYPUMP LIVE 09:30 - 10:15 - Studio 1 REMO VIRTUAL 09:30 - 09:45 - Fitness	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2 REMO VIRTUAL 09:30 - 09:45 - Fitness	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1 CYCLING 09:30 - 10:15 - Cycling REMO VIRTUAL 09:30 - 09:45 - Fitness	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	CYCLING 10:30 - 11:15 - Cycling GRIT VIRTUAL 10:30 - 10:55 - Studio 2	RPM VIRTUAL 10:00 - 10:45 - Cycling B.PUMP VIRTUAL 10:30 - 11:15 - Studio 2 GRIT 10:30 - 10:55 - Studio 1 GRIT LIVE 10:30 - 11:00 - Studio 1	CYCLING 10:30 - 11:15 - Cycling LM CORE VIRT. 10:30 - 10:50 - Studio 1	RPM VIRTUAL 10:00 - 10:45 - Cycling B.PUMP 10:30 - 11:15 - Studio 1 BODYPUMP LIVE 10:30 - 11:15 - Studio 1	B.BALANCE VIRTUAL 10:30 - 11:15 - Studio 2	GRIT VIRTUAL 10:00 - 10:25 - Studio 2 B.PUMP 10:30 - 11:15 - Studio 1 BODYPUMP LIVE 10:30 - 11:15 - Studio 1	GRIT VIRTUAL 10:00 - 10:25 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1
11:00	B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2 LM CORE VIRT. 11:30 - 11:50 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling	LES MILLS CORE 11:00 - 11:25 - Studio 1 LM CORE LIVE 11:00 - 11:30 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:15 - Studio 2	LM CORE VIRT. 11:30 - 11:50 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling	RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:15 - Studio 2	RPM VIRTUAL 11:00 - 11:45 - Cycling LM CORE VIRT. 11:30 - 11:50 - Studio 1	B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2 CYCLING 11:30 - 12:15 - Cycling 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	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness GRIT VIRTUAL 13:00 - 13:25 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling 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 RPM VIRTUAL 13:00 - 13:45 - Cycling	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1 REMO VIRTUAL 12:30 - 12:45 - Fitness GRIT VIRTUAL 13:00 - 13:25 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling 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 RPM VIRTUAL 13:00 - 13:45 - Cycling	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	LM CORE VIRT. 13:00 - 13:20 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling						

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

YO10 se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información en nuestra web www.yodiez.com

YO10 en las Redes sociales

HORARIO
de actividades dirigidas

Centro

YO10 sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
14:00	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.ATTACK 14:30 - 15:15 - Studio 1 B.PUMP VIRTUAL 14:30 - 15:15 - Studio 2 BODYATTACK LIVE 14:30 - 15:15 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	LM CORE VIRT. 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2 B.PUMP 14:30 - 15:15 - Studio 1 BODYPUMP LIVE 14:30 - 15:15 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.BALANCE VIRTUAL 14:30 - 15:15 - Studio 2 B.PUMP VIRTUAL 14:30 - 15:15 - Studio 1 CYCLING 14:30 - 15:15 - Cycling	LM CORE VIRT. 14:00 - 14:30 - Studio 2 REMO VIRTUAL 14:15 - 14:30 - Fitness B.COMBAT VIRTUAL 14:30 - 15:15 - Studio 2 GRIT 14:30 - 14:55 - Studio 1 GRIT LIVE 14:30 - 15:00 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Cycling	GRIT VIRTUAL 14:00 - 14:30 - Studio 2 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 - 15:15 - Studio 2	GRIT VIRTUAL 14:00 - 14:25 - Studio 2 RPM VIRTUAL 14:00 - 14:45 - Cycling REMO VIRTUAL 14:30 - 14:45 - Fitness	GRIT VIRTUAL 14:00 - 14:25 - Studio 2 RPM VIRTUAL 14:00 - 14:45 - Cycling
15:00	B.PUMP VIRTUAL 15:30 - 16:15 - Studio 1 LM CORE VIRT. 15:30 - 16:00 - Studio 2	GRIT VIRTUAL 15:30 - 16:00 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling	B.PUMP VIRTUAL 15:30 - 16:15 - Studio 1 LM CORE VIRT. 15:30 - 16:00 - Studio 2	LES MILLS CORE 15:00 - 15:25 - Studio 1 LM CORE LIVE 15:00 - 15:30 - Studio 1 GRIT VIRTUAL 15:30 - 16:00 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling	B.COMBAT VIRTUAL 15:30 - 16:15 - Studio 2 LM CORE VIRT. 15:30 - 16:00 - Studio 1	B.COMBAT VIRTUAL 15:00 - 15:45 - Studio 1 RPM VIRTUAL 15:30 - 16:15 - Cycling	
16:00	RPM VIRTUAL 16:00 - 16:45 - Cycling GRIT VIRTUAL 16:30 - 17:00 - Studio 2 REMO VIRTUAL 16:30 - 16:45 - Fitness	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2 REMO VIRTUAL 16:30 - 16:45 - Fitness	RPM VIRTUAL 16:00 - 16:45 - Cycling GRIT VIRTUAL 16:30 - 17:00 - Studio 2 REMO VIRTUAL 16:30 - 16:45 - Fitness	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2 REMO VIRTUAL 16:30 - 16:45 - Fitness	RPM VIRTUAL 16:00 - 16:45 - Cycling GRIT VIRTUAL 16:30 - 17:00 - Studio 1 REMO VIRTUAL 16:30 - 16:45 - Fitness	LM CORE VIRT. 16:30 - 16:50 - Studio 1	
17:00	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 2 B.PUMP 17:00 - 17:45 - Studio 1 BODYPUMP LIVE 17:00 - 17:45 - Studio 1 RPM VIRTUAL 17:00 - 17:45 - Cycling	B.ATTACK 17:00 - 17:45 - Studio 1 BODYATTACK LIVE 17:00 - 17:45 - Studio 1 GRIT VIRTUAL 17:00 - 17:25 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 2 B.PUMP VIRTUAL 17:00 - 17:45 - Studio 1 CYCLING 17:00 - 17:45 - Cycling	B.COMBAT 17:00 - 17:45 - Studio 1 BODYCOMBAT LIVE 17:00 - 17:45 - Studio 1 GRIT VIRTUAL 17:00 - 17:25 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling	B.BALANCE VIRTUAL 17:00 - 17:45 - Studio 2 B.PUMP VIRTUAL 17:00 - 17:45 - Studio 1 RPM VIRTUAL 17:00 - 17:45 - Cycling	B.BALANCE VIRTUAL 17:00 - 17:45 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Cycling REMO VIRTUAL 17:30 - 17:45 - Fitness	
18:00					LM CORE VIRT. 18:00 - 18:30 - Studio 1 RPM VIRTUAL 18:00 - 18:45 - Cycling	B.PUMP VIRTUAL 18:00 - 18:45 - Studio 1 GRIT VIRTUAL 18:00 - 18:30 - Studio 2 RPM VIRTUAL 18:00 - 18:45 - Cycling LM CORE VIRT. 18:30 - 19:00 - Studio 2 B.COMBAT VIRTUAL 19:00 - 19:45 - Studio 1 RPM VIRTUAL 19:00 - 19:45 - Cycling	
19:00	ZUMBA LIVE 19:00 - 19:45 - Studio 1	BODYCOMBAT LIVE 19:00 - 19:45 - Studio 1	BODYATTACK LIVE 19:00 - 19:45 - Studio 1	GAP LIVE 19:00 - 19:30 - Studio 1	B.BALANCE 19:00 - 19:45 - Studio 1 B.PUMP VIRTUAL 19:00 - 19:45 - Studio 2 BODYBALANCE LIVE 19:00 - 19:45 - Studio 1 RPM VIRTUAL 19:00 - 19:45 - Cycling		
20:00					B.COMBAT VIRTUAL 20:00 - 20:45 - Studio 1 RPM VIRTUAL 20:00 - 20:45 - Cycling		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

YO10 se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información en nuestra web www.yodiez.com

YO10 en las Redes sociales