

HORARIO de actividades dirigidas

Centro

Horario Completo

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

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
14:00				CORE 14:00 - 14:30 - ST2			
15:00	B.ATTACK 15:00 - 15:50 - ST1 CYCLING VIRTUAL 15:00 - 15:50 - ST3	CYCLING 15:00 - 15:50 - ST3 QUEENAX 15:00 - 15:30 - FIT CORE 16:30 - 17:00 - ST1	B.PUMP 15:00 - 15:50 - ST1 CYCLING VIRTUAL 15:00 - 15:50 - ST3	CYCLING 15:00 - 15:50 - ST3	CYCLING VIRTUAL 15:00 - 15:50 - ST3 QUEENAX 15:00 - 15:30 - FIT		
16:00							
17:00	CORE 17:00 - 17:30 - ST2 PILATES NOVEL 17:30 - 18:20 - ST2 QUEENAX 17:30 - 18:00 - FIT	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 QUEENAX 17:30 - 18:00 - FIT	CORE 17:00 - 17:30 - ST1 CYCLING VIRTUAL 17:00 - 17:50 - ST3 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 CYCLING 18:00 - 18:50 - ST3 STEP 18:30 - 19:00 - ST2	B.BALANCE 18:00 - 18:50 - ST2 POWER 18:30 - 19:20 - ST1 QUEENAX 18:30 - 19:00 - FIT	CYCLING 18:00 - 18:50 - ST3 STEP 18:30 - 19:00 - ST1	B.BALANCE 18:00 - 18:50 - ST2 POWER 18:30 - 19:20 - ST1	QUEENAX 18:00 - 18:30 - FIT ZUMBA 18:00 - 18:50 - ST1	B.COMBAT 18:00 - 18:50 - ST1	
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 CYCLING 19:30 - 20:20 - ST3	AQUA FITNESS 19:00 - 19:50 - AQA CYCLING 19:00 - 19:50 - ST3 PILATES NOVEL 19:00 - 19:50 - ST2 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 19:00 - 19:30 - FIT	AQUA FITNESS 19:00 - 19:50 - AQA B.ATTACK 30 19:00 - 19:30 - ST2 CYCLING 19:00 - 19:50 - ST3 B.COMBAT 19:30 - 20:20 - ST1 QUEENAX 19:30 - 20:00 - FIT ZUMBA STEP 19:30 - 20:20 - ST2	AQUA GYM 19:00 - 19:50 - AQA CORE 19:00 - 19:30 - ST1 CYCLING 19:30 - 20:20 - ST3	B.PUMP 19:00 - 19:50 - ST1	
20:00	B.ATTACK 20:00 - 20:50 - ST1 PILATES 20:00 - 20:50 - ST2 CYCLING 20:30 - 21:20 - ST3	B.COMBAT 20:00 - 20:50 - ST1 CORE 20:00 - 20:30 - ST2 CYCLING 20:30 - 21:20 - ST3 QUEENAX 20:30 - 21:00 - FIT YOGA 20:30 - 21:20 - ST2	CYCLING 20:00 - 20:50 - ST3 QUEENAX 20:00 - 20:30 - FIT ZUMBA 20:00 - 20:50 - ST1	HIIT 20:00 - 20:50 - OUT CORE 20:30 - 21:00 - ST1 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 CYCLING VIRTUAL 21:30 - 22:20 - ST3	HIIT 21:00 - 21:30 - ST1 B.PUMP 21:30 - 22:20 - ST1 URBAN DANCE 21:30 - 22:20 - ST2	CORE 21:00 - 21:30 - ST1 CYCLING 21:00 - 21:50 - ST3 PILATES 21:15 - 22:05 - ST2 B.COMBAT 21:30 - 22:20 - ST1 QUEENAX 21:30 - 22:00 - FIT	HIIT 21:00 - 21:30 - ST1 QUEENAX 21:00 - 21:30 - FIT URBAN DANCE 21:30 - 22:20 - ST2			

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

22:00

QUEENAX
22:00 - 22:30 - FIT

QUEENAX
22:00 - 22:30 - FIT

[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

