HORARIO
de actividades dirigidas

Centro — Horario Completo

YO10 sportclub

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

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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14:00	KINESIS-CORE 14:00 - 14:30 - Fitness SH'BAM VIRTUAL 14:00 - 14:45 - Studio 2 B.COMBAT 14:30 - 15:25 - Studio 1 RPM VIRTUAL 14:30 - 15:00 - Cycling	HIIT 14:00 - 14:30 - Fitness RPM VIRTUAL 14:00 - 14:50 - Cycling B.PUMP 30 14:30 - 15:00 - Studio 1	B.COMBAT VIRTUAL 14:00 - 14:55 - Studio 2 REMO 14:00 - 14:30 - Fitness B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1 CYCLING 14:30 - 15:20 - Cycling	KINESIS-CORE 14:00 - 14:30 - Fitness RPM VIRTUAL 14:00 - 14:50 - Cycling GRIT 14:30 - 15:00 - Studio 1	B.BALANCE VIRTUAL 14:00 - 14:55 - Studio 2 B.PUMP 30 14:30 - 15:00 - Studio 1 RPM VIRTUAL 14:30 - 15:20 - Cycling	RPM VIRTUAL 30 14:00 - 14:30 - Cycling	
15:00	LM CORE VIRT. 15:00 - 15:30 - Studio 2 B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling	LES MILLS CORE 15:00 - 15:30 - Studio 1 RPM VIRTUAL 15:00 - 15:50 - Cycling B.BALANCE VIRTUAL 15:30 - 16:20 - Studio 2	B.BALANCE VIRTUAL 15:30 - 16:25 - Studio 2 RPM VIRTUAL 15:30 - 16:20 - Cycling	B.COMBAT VIRTUAL 15:00 - 15:55 - Studio 2 CICLO XPRESS 15:00 - 15:30 - Cycling LM CORE VIRT. 15:30 - 16:00 - Studio 1	LES MILLS CORE 15:00 - 15:30 - Studio 1 RPM VIRTUAL 15:30 - 16:20 - Cycling	B.COMBAT VIRTUAL 15:00 - 15:55 - Studio 1 RPM VIRTUAL 15:00 - 15:50 - Cycling	
16:00	B.PUMP VIRTUAL 16:00 - 16:55 - Studio 1 RPM VIRTUAL 16:30 - 17:15 - Cycling	B.COMBAT VIRTUAL 16:00 - 16:55 - Studio 1 RPM VIRTUAL 30 16:00 - 16:30 - Cycling SH'BAM VIRTUAL 16:30 - 17:15 - Studio 2	B.PUMP VIRTUAL 16:00 - 16:55 - Studio 1 RPM VIRTUAL 16:30 - 17:20 - Cycling	B.COMBAT VIRTUAL 16:00 - 16:55 - Studio 1 RPM VIRTUAL 30 16:00 - 16:30 - Cycling SH'BAM VIRTUAL 16:30 - 17:15 - Studio 2	LM CORE VIRT. 16:00 - 16:30 - Studio 2 B.COMBAT VIRTUAL 16:30 - 17:25 - Studio 1 RPM VIRTUAL 16:30 - 17:20 - Cycling	RPM VIRTUAL 16:00 - 16:50 - Cycling LM CORE VIRT. 16:30 - 17:00 - Studio 1	
17:00	LM CORE VIRT. 17:00 - 17:30 - Studio 2 B.BALANCE VIRTUAL 17:30 - 18:25 - Studio 2 DANCE 17:30 - 18:25 - Studio 1	B.PUMP VIRTUAL 17:00 - 17:55 - Studio 1 RPM VIRTUAL 17:00 - 17:50 - Cycling B.BALANCE 17:30 - 18:25 - Studio 2	LM CORE VIRT. 17:00 - 17:30 - Studio 2 B.COMBAT VIRTUAL 17:30 - 18:25 - Studio 2 SH'BAM VIRTUAL 17:30 - 18:15 - Studio 1	B.PUMP VIRTUAL 17:00 - 17:55 - Studio 1 RPM VIRTUAL 17:00 - 17:50 - Cycling PILATES 17:30 - 18:25 - Studio 2	B.BALANCE VIRTUAL 17:00 - 17:55 - Studio 2 REMO 17:30 - 18:00 - Fitness RPM VIRTUAL 17:30 - 18:20 - Cycling	RPM VIRTUAL 17:00 - 17:50 - Cycling B.PUMP VIRTUAL 17:30 - 18:25 - Studio 1	
18:00	CICLO XPRESS 18:00 - 18:30 - Cycling KINESIS-CORE 18:00 - 18:30 - Fitness PILATES 18:30 - 19:25 - Studio 2	LES MILLS TONE 18:00 - 18:45 - Studio 1 REMO 18:00 - 18:30 - Fitness RPM VIRTUAL 18:00 - 18:50 - Cycling LES MILLS CORE 18:30 - 19:00 - Studio 2	CICLO XPRESS 18:00 - 18:30 - Cycling KINESIS-CORE 18:00 - 18:30 - Fitness B.BALANCE VIRT.30 18:30 - 19:00 - Studio 2 B.PUMP 18:30 - 19:25 - Studio 1	LES MILLS TONE 18:00 - 18:45 - Studio 1 REMO 18:00 - 18:30 - Fitness RPM VIRTUAL 18:00 - 18:50 - Cycling	B.PUMP 30 18:00 - 18:30 - Studio 1 SH'BAM VIRTUAL 18:00 - 18:45 - Studio 2 LES MILLS CORE 18:30 - 19:00 - Studio 1 RPM VIRTUAL 18:30 - 19:20 - Cycling	RPM VIRTUAL 30 18:00 - 18:30 - Cycling LM CORE VIRT. 18:30 - 19:00 - Studio 1	
19:00	B.PUMP 19:00 - 19:55 - Studio 1 RPM VIRTUAL 19:00 - 19:45 - Cycling LES MILLS CORE 19:30 - 19:55 - Studio 2 REMO 19:30 - 20:00 - Fitness	B.COMBAT 19:00 - 19:55 - Studio 1 FUNCIONAL 19:00 - 19:30 - Fitness CYCLING 19:30 - 20:20 - Cycling	CYCLING 19:00 - 19:50 - Cycling LES MILLS CORE 19:30 - 20:00 - Studio 1 PILATES 19:30 - 20:25 - Studio 2	B.BALANCE 19:00 - 19:55 - Studio 2 FUNCIONAL 19:00 - 19:30 - Fitness LM CORE VIRT. 19:00 - 19:30 - Studio 1 CYCLING 19:30 - 20:20 - Cycling GRIT 19:30 - 20:00 - Studio 1	B.COMBAT 19:00 - 19:55 - Studio 1 HIIT 19:00 - 19:30 - Fitness CYCLING 19:30 - 20:20 - Cycling	B.COMBAT VIRT.30 19:00 - 19:30 - Studio 1 RPM VIRTUAL 19:00 - 19:50 - Cycling	
20:00	B.ATTACK 20:00 - 20:45 - Studio 1 HIIT 20:00 - 20:30 - Fitness YOGA 20:00 - 20:55 - Studio 2 CYCLING 20:30 - 21:20 - Cycling KINESIS-CORE 20:30 - 21:00 - Fitness	DANCE 20:00 - 20:55 - Studio 2 GRIT 20:00 - 20:30 - Studio 1 KINESIS-CORE 20:00 - 20:30 - Fitness B.PUMP 20:30 - 21:25 - Studio 1 CICLO XPRESS 20:30 - 21:00 - Cycling	B.COMBAT 20:00 - 20:55 - Studio 1 HIIT 20:00 - 20:30 - Fitness REMO 20:30 - 21:00 - Fitness RPM VIRTUAL 20:30 - 21:20 - Cycling YOGA 20:30 - 21:25 - Studio 2	REMO 20:00 - 20:30 - Fitness ZUMBA 20:00 - 20:55 - Studio 1 LES MILLS CORE 20:30 - 21:00 - Studio 2 RPM VIRTUAL 30 20:30 - 21:00 - Cycling	YOGA 20:00 - 20:55 - Studio 2 B.PUMP VIRTUAL 20:30 - 21:25 - Studio 1 RPM VIRTUAL 20:30 - 21:20 - Cycling		

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
21:00	GRIT 21:00 - 21:30 - Studio 1 MEDITACION 21:00 - 21:30 - Studio 2 RPM VIRTUAL 21:30 - 22:00 - Cycling LM CORE VIRT. 21:45 - 22:15 - Studio 1	LM CORE VIRT. 21:00 - 21:30 - Studio 2 RPM VIRTUAL 21:30 - 22:20 - Cycling B.COMBAT VIRT.30 21:45 - 22:15 - Studio 1	RPM VIRTUAL 30 21:30 - 22:00 - Cycling B.PUMP VIRTUAL 30 21:45 - 22:15 - Studio 1	RPM VIRTUAL 30 21:00 - 21:30 - Cycling RPM VIRTUAL 21:30 - 22:20 - Cycling B.COMBAT VIRT.30 21:45 - 22:15 - Studio 1	MEDITACION 21:00 - 21:30 - Studio 2 LM CORE VIRT. 21:30 - 22:00 - Studio 1 RPM VIRTUAL 30 21:30 - 22:00 - Cycling		

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