HORARIO
de actividades dirigidas

Centro — Horario Completo

YO10 sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	RPM VIRTUAL 07:30 - 08:00 - ST3	B. COMBAT VIRTUAL 07:30 - 08:20 - ST2 SMART CYCLING 07:30 - 08:20 - ST3	SMART CYCLING 07:30 - 08:20 - ST3	SH'BAM VIRTUAL 07:30 - 08:20 - ST2 SMART CYCLING 07:30 - 08:20 - ST3	B.BALANCE VIRT 07:30 - 08:20 - ST2 RPM VIRTUAL 07:30 - 08:20 - ST3		
08:00	AQUA GYM 08:00 - 08:55 - AQA PILATES 08:00 - 08:55 - ST1 B. COMBAT VIRTUAL 08:30 - 09:20 - ST2 SMART CYCLING 08:30 - 09:20 - ST3	CORE 08:00 - 08:30 - ST1 B.BALANCE 08:30 - 09:25 - ST1 SH'BAM VIRTUAL 08:30 - 09:20 - ST2	AQUA GYM 08:00 - 08:55 - AQA PILATES 08:00 - 08:55 - ST1	B.PUMP 08:00 - 08:55 - ST1	AQUA GYM 08:00 - 08:55 - AQA B.COMBAT 08:30 - 09:20 - ST1 LM CORE VIRT. 08:30 - 09:00 - ST2		
09:00	B.PUMP 09:30 - 10:25 - ST1 SH'BAM VIRTUAL 09:30 - 10:20 - ST2	LM CORE VIRT. 09:30 - 10:00 - ST2	B.PUMP 30 09:00 - 09:30 - ST1 SH'BAM VIRTUAL 09:00 - 09:50 - ST2 B.BALANCE 09:30 - 10:20 - ST1	YOGA 09:00 - 09:55 - ST1	RPM VIRTUAL 09:00 - 09:50 - ST3 B.BALANCE 09:30 - 10:20 - ST1		
10:00	AQUA GYM 10:30 - 11:25 - AQA LM CORE VIRT. 10:30 - 11:00 - ST2 YOGA 10:30 - 11:25 - ST1	AQUA GYM 10:30 - 11:25 - AQA B. COMBAT VIRTUAL 10:30 - 11:20 - ST2 GIMNASIA SUAVE 10:30 - 11:25 - ST1 QUEENAX 10:30 - 11:00 - FIT	AQUA GYM 10:30 - 11:25 - AQA GIMNASIA SUAVE 10:30 - 11:25 - ST1	B.BALANCE VIRT 10:00 - 10:50 - ST2 RPM VIRTUAL 10:00 - 10:50 - ST3 AQUA GYM 10:30 - 11:25 - AQA B.COMBAT 10:30 - 11:25 - ST1 QUEENAX 10:30 - 11:00 - FIT	AQUA GYM 10:30 - 11:25 - AQA YOGA 10:30 - 11:25 - ST1	RPM VIRTUAL 10:30 - 11:20 - ST3 SH'BAM VIRTUAL 10:30 - 11:20 - ST1	SH'BAM VIRTUAL 10:15 - 11:00 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST3
11:00	B.COMBAT 11:30 - 12:25 - ST1 QUEENAX 11:30 - 12:00 - FIT	PILATES 11:30 - 12:25 - ST1	CORE 11:30 - 12:00 - ST1 QUEENAX 11:30 - 12:00 - FIT	LM CORE VIRT. 11:30 - 12:00 - ST2 PILATES 11:30 - 12:25 - ST1	QUEENAX 11:00 - 11:30 - FIT SMART CYCLING 11:30 - 12:20 - ST3 ZUMBA 11:30 - 12:25 - ST1	PUMP VIRTUAL 11:30 - 12:20 - ST1	LM CORE VIRT. 11:00 - 11:30 - ST1 PUMP VIRTUAL 11:30 - 12:20 - ST1
12:00	AQUA GYM 12:30 - 13:25 - AQA PILATES 12:30 - 13:25 - ST1 QUEENAX 12:30 - 13:00 - FIT SMART CYCLING 12:30 - 13:20 - ST3	QUEENAX 12:00 - 12:30 - FIT AQUA FITNESS 12:30 - 13:20 - AQA SMART CYCLING 12:30 - 13:20 - ST3 ZUMBA 12:30 - 13:25 - ST1	AQUA GYM 12:30 - 13:25 - AQA QUEENAX 12:30 - 13:00 - FIT SMART CYCLING 12:30 - 13:20 - ST3 ZUMBA 12:30 - 13:25 - ST1	QUEENAX 12:00 - 12:30 - FIT AQUA FITNESS 12:30 - 13:20 - AQA SMART CYCLING 12:30 - 13:20 - ST3 ZUMBA 12:30 - 13:25 - ST1	AQUAZUMBA 12:30 - 13:25 - AQA STEP 12:30 - 13:25 - ST1	RPM VIRTUAL 12:00 - 12:50 - ST3 AQUA GYM 12:30 - 13:25 - AQA B. COMBAT VIRTUAL 12:30 - 13:20 - ST1	AQUA GYM 12:00 - 12:55 - AQA B. COMBAT VIRTUAL 12:30 - 13:20 - ST1
13:00	B.PUMP 13:30 - 14:25 - ST1 LM CORE VIRT. 13:30 - 14:00 - ST2	B.PUMP 13:30 - 14:25 - ST1 LM CORE VIRT. 13:30 - 14:00 - ST2	B. COMBAT VIRTUAL 13:30 - 14:20 - ST2 B.ATTACK 13:30 - 14:25 - ST1	B.BALANCE VIRT 13:30 - 14:20 - ST2 B.PUMP VIRTUAL 13:30 - 14:20 - ST1	B.PUMP 13:30 - 14:25 - ST1	LM CORE VIRT. 13:30 - 14:00 - ST1	
14:00	B. COMBAT VIRTUAL 14:30 - 15:20 - ST1 SH'BAM VIRTUAL 14:30 - 15:20 - ST2	B. COMBAT VIRTUAL 14:30 - 15:20 - ST2 B.PUMP VIRTUAL 14:30 - 15:20 - ST1	B.BALANCE VIRT 14:30 - 15:20 - ST2 PUMP VIRTUAL 14:30 - 15:20 - ST1	B. COMBAT VIRTUAL 14:30 - 15:20 - ST1 LM CORE VIRT. 14:30 - 15:00 - ST2	B.PUMP VIRTUAL 14:30 - 15:20 - ST1	SH'BAM VIRTUAL 14:00 - 14:50 - ST1	

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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YO10 en las Redes sociales

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
15:00	RPM VIRTUAL 15:00 - 15:50 - ST3 B. COMBAT VIRTUAL 15:30 - 16:20 - ST2 B.PUMP VIRTUAL 15:30 - 16:20 - ST1	RPM VIRTUAL 15:00 - 15:50 - ST3 B. COMBAT VIRTUAL 15:30 - 16:20 - ST1 B.BALANCE VIRT 15:30 - 16:20 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST3 LM CORE VIRT. 15:30 - 16:00 - ST2 SH'BAM VIRTUAL 15:30 - 16:20 - ST1	RPM VIRTUAL 15:00 - 15:50 - ST3 B. COMBAT VIRTUAL 15:30 - 16:20 - ST2 B.PUMP VIRTUAL 15:30 - 16:20 - ST1	RPM VIRTUAL 15:00 - 15:50 - ST3 SH'BAM VIRTUAL 15:30 - 16:20 - ST1	PUMP VIRTUAL 15:00 - 15:50 - ST1	
16:00	RPM VIRTUAL 16:00 - 16:50 - ST3 B.BALANCE VIRT 16:30 - 17:20 - ST2 B.PUMP VIRTUAL 16:30 - 17:20 - ST1	SH'BAM VIRTUAL 16:30 - 17:20 - ST2	RPM VIRTUAL 16:00 - 16:50 - ST3 B.BALANCE VIRT 16:30 - 17:20 - ST2	RPM VIRTUAL 16:00 - 16:50 - ST3 LM CORE VIRT. 16:30 - 17:00 - ST2	RPM VIRTUAL 16:00 - 16:50 - ST3	B. COMBAT VIRTUAL 16:00 - 16:50 - ST1	
17:00	B.BALANCE 17:30 - 18:25 - ST1	ZUMBA 17:30 - 18:25 - ST1	RPM VIRTUAL 17:00 - 17:50 - ST3 B.COMBAT 17:30 - 18:25 - ST1	RPM VIRTUAL 17:00 - 17:50 - ST3 B.PUMP 17:30 - 18:25 - ST1	RPM VIRTUAL 17:00 - 17:50 - ST3	B.PUMP VIRTUAL 17:00 - 17:50 - ST1	
18:00	SMART CYCLING 18:30 - 19:20 - ST3 ZUMBA 18:30 - 19:25 - ST1	B.BALANCE 18:30 - 19:25 - ST2 B.PUMP 18:30 - 19:25 - ST1 QUEENAX 18:30 - 19:00 - FIT	POWER 18:30 - 19:25 - ST1 QUEENAX 18:30 - 19:00 - FIT SMART CYCLING 18:30 - 19:20 - ST3	PILATES 18:30 - 19:25 - ST2 ZUMBA 18:30 - 19:20 - ST1	QUEENAX 18:00 - 18:30 - FIT	B. COMBAT VIRTUAL 18:00 - 18:50 - ST1 RPM VIRTUAL 18:00 - 18:50 - ST3	
19:00	AQUA GYM 19:00 - 19:55 - AQA QUEENAX 19:00 - 19:30 - FIT B.PUMP 19:30 - 20:25 - ST1 PILATES 19:30 - 20:25 - ST2	AQUA FITNESS 19:00 - 19:55 - AQA B.COMBAT 19:30 - 20:25 - ST1 CORE 19:30 - 20:00 - ST2 SMART CYCLING 19:30 - 20:20 - ST3	AQUA GYM 19:00 - 19:55 - AQA CORE 19:30 - 20:00 - ST2 ZUMBA 19:30 - 20:25 - ST1	AQUA FITNESS 19:00 - 19:55 - AQA B.BALANCE 19:30 - 20:25 - ST2 CORE 19:30 - 20:00 - ST1 QUEENAX 19:30 - 20:00 - FIT SMART CYCLING 19:30 - 20:20 - ST3	SMART CYCLING 19:30 - 20:20 - ST3	B.PUMP VIRTUAL 19:00 - 19:50 - ST1 RPM VIRTUAL 19:30 - 20:20 - ST3	
20:00	B.COMBAT 20:30 - 21:25 - ST1 CORE 20:30 - 21:00 - ST2 SMART CYCLING 20:30 - 21:20 - ST3	B.ATTACK 20:30 - 21:25 - ST1 QUEENAX 20:30 - 21:00 - FIT SMART CYCLING 20:30 - 21:20 - ST3 YOGA 20:30 - 21:25 - ST2	QUEENAX 20:00 - 20:30 - FIT B.PUMP 20:30 - 21:25 - ST1 PILATES 20:30 - 21:25 - ST2 SMART CYCLING 20:30 - 21:20 - ST3	B.COMBAT 20:30 - 21:25 - ST1 SMART CYCLING 20:30 - 21:20 - ST3 YOGA 20:30 - 21:25 - ST2	QUEENAX 20:00 - 20:30 - FIT B.PUMP 20:30 - 21:25 - ST1	LM CORE VIRT. 20:00 - 20:30 - ST1	
21:00	QUEENAX 21:00 - 21:30 - FIT	B. COMBAT VIRTUAL 21:30 - 22:20 - ST2 HIIT 21:30 - 22:00 - ST1	QUEENAX 21:00 - 21:30 - FIT B.COMBAT 21:30 - 22:25 - ST1	QUEENAX 21:00 - 21:30 - FIT B.PUMP VIRTUAL 21:30 - 22:20 - ST1			

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