

# HORARIO de actividades dirigidas

Centro

Horario Completo

| HORA  | LUNES                                                                                                                                                                                    | MARTES                                                                                                                                                  | MIÉRCOLES                                                                                                                                             | JUEVES                                                                                                                                                 | VIERNES | SÁBADO                                                                                                                                                 | DOMINGO                                                                                                                                                |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| 06:00 | B.PUMP VIRTUAL<br>06:45 - 07:30 - Studio 1                                                                                                                                               | GRIT VIRTUAL<br>06:45 - 07:15 - Studio 1<br><br>LM CORE VIRT.<br>06:45 - 07:15 - Studio 2<br><br>RPM VIRTUAL<br>06:45 - 07:30 - Studio<br>Cycling       | B.BALANCE VIRTUAL<br>06:45 - 07:40 - Studio 2<br><br>GRIT VIRTUAL<br>06:45 - 07:15 - Studio 1<br><br>RPM VIRTUAL<br>06:45 - 07:30 - Studio<br>Cycling |                                                                                                                                                        |         |                                                                                                                                                        |                                                                                                                                                        |
| 07:00 | RPM VIRTUAL<br>07:00 - 07:50 - Studio<br>Cycling                                                                                                                                         |                                                                                                                                                         |                                                                                                                                                       |                                                                                                                                                        |         |                                                                                                                                                        |                                                                                                                                                        |
| 08:00 | GRIT VIRTUAL<br>08:00 - 08:30 - Studio 1<br><br>RPM VIRTUAL<br>08:30 - 09:20 - Studio<br>Cycling                                                                                         | B. COMBAT VIRTUAL<br>08:00 - 08:50 - Studio 2<br><br>RPM VIRTUAL<br>08:15 - 09:05 - Studio<br>Cycling<br><br>B.PUMP VIRTUAL<br>08:30 - 09:20 - Studio 1 | GRIT VIRTUAL<br>08:00 - 08:30 - Studio 1<br><br>RPM VIRTUAL<br>08:30 - 09:15 - Studio<br>Cycling                                                      |                                                                                                                                                        |         |                                                                                                                                                        |                                                                                                                                                        |
| 09:00 | LM CORE VIRT.<br>09:00 - 09:30 - Studio 2<br><br>B.PUMP<br>09:30 - 10:25 - Studio 1<br><br>RPM VIRTUAL<br>09:30 - 10:20 - Studio<br>Cycling                                              | B.BALANCE VIRTUAL<br>09:30 - 10:20 - Studio 2<br><br>B.COMBAT<br>09:30 - 10:25 - Studio 1                                                               | LM CORE VIRT.<br>09:00 - 09:30 - Studio 2<br><br>CICLO INDOOR<br>09:30 - 10:15 - Studio<br>Cycling                                                    | RPM VIRTUAL<br>09:30 - 10:20 - Studio<br>Cycling                                                                                                       |         | RPM VIRTUAL<br>09:30 - 10:15 - Studio<br>Cycling                                                                                                       | RPM VIRTUAL<br>09:30 - 10:20 - Studio<br>Cycling                                                                                                       |
| 10:00 | CICLO INDOOR<br>10:30 - 11:15 - Studio<br><br>GRIT VIRTUAL<br>10:30 - 10:55 - Studio 2                                                                                                   | RPM VIRTUAL<br>10:00 - 10:50 - Cycling<br><br>B.PUMP VIRTUAL<br>10:30 - 11:20 - Studio 2<br><br>GRIT<br>10:30 - 11:00 - Studio 1                        | B. COMBAT VIRTUAL<br>10:30 - 11:25 - Studio 1<br><br>B.BALANCE<br>10:30 - 11:25 - Studio 2<br><br>RPM VIRTUAL<br>10:30 - 11:15 - Studio<br>Cycling    | GRIT VIRTUAL<br>10:00 - 10:30 - Studio 2<br><br>B.PUMP VIRTUAL<br>10:30 - 11:30 - Studio 1                                                             |         | GRIT VIRTUAL<br>10:00 - 10:30 - Studio 2<br><br>B.PUMP VIRTUAL<br>10:30 - 11:25 - Studio 1                                                             | GRIT VIRTUAL<br>10:00 - 10:30 - Studio 2<br><br>B.PUMP VIRTUAL<br>10:30 - 11:30 - Studio 1                                                             |
| 11:00 | KINESIS-CORE<br>11:30 - 12:15 - Fitness<br><br>LM CORE VIRT.<br>11:30 - 12:00 - Studio 1<br><br>RPM VIRTUAL<br>11:30 - 12:20 - Studio<br>Cycling<br><br>YOGA<br>11:30 - 12:30 - Studio 2 | LES MILLS CORE<br>11:00 - 11:30 - Studio 1<br><br>PILATES<br>11:30 - 12:25 - Studio 2<br><br>RPM VIRTUAL<br>11:30 - 12:20 - Studio<br>Cycling           | GLUTEUP<br>11:30 - 12:00 - Studio 2<br><br>RPM VIRTUAL<br>11:30 - 12:15 - Studio<br>Cycling<br><br>YOGA<br>11:30 - 12:25 - Studio 2                   | RPM VIRTUAL<br>11:00 - 11:50 - Studio<br>Cycling<br><br>B.BALANCE VIRT<br>11:30 - 12:25 - Studio 2                                                     |         | B.BALANCE VIRT<br>11:30 - 12:25 - Studio 2<br><br>RPM VIRTUAL<br>11:30 - 12:20 - Studio<br>Cycling                                                     | RPM VIRTUAL<br>11:00 - 11:50 - Studio<br>Cycling<br><br>B.BALANCE VIRT<br>11:30 - 12:25 - Studio 2                                                     |
| 12:00 | B.PUMP VIRTUAL<br>12:30 - 13:15 - Studio 1                                                                                                                                               | B.COMBAT VIRTUAL<br>12:00 - 12:50 - Studio 1                                                                                                            | PUMP VIRTUAL<br>12:30 - 13:25 - Studio 1                                                                                                              | B. COMBAT VIRTUAL<br>12:00 - 12:55 - Studio 1<br><br>RPM VIRTUAL<br>12:30 - 13:00 - Studio<br>Cycling<br><br>LM CORE VIRT.<br>13:00 - 13:30 - Studio 2 |         | B. COMBAT VIRTUAL<br>12:00 - 13:00 - Studio 1<br><br>RPM VIRTUAL<br>12:30 - 13:15 - Studio<br>Cycling<br><br>LM CORE VIRT.<br>13:00 - 13:30 - Studio 2 | B. COMBAT VIRTUAL<br>12:00 - 13:00 - Studio 1<br><br>RPM VIRTUAL<br>12:30 - 13:20 - Studio<br>Cycling<br><br>LM CORE VIRT.<br>13:00 - 13:30 - Studio 2 |
| 13:00 | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br><br>RPM VIRTUAL<br>13:00 - 13:50 - Studio<br>Cycling                                                                                        | GRIT VIRTUAL<br>13:00 - 13:30 - Studio 2<br><br>RPM VIRTUAL<br>13:00 - 13:50 - Studio<br>Cycling<br><br>LM CORE VIRT.<br>13:30 - 14:00 - Studio 1       | LM CORE VIRT.<br>13:00 - 13:30 - Studio 2<br><br>RPM VIRTUAL<br>13:00 - 13:45 - Studio<br>Cycling                                                     | B.PUMP VIRTUAL<br>13:30 - 14:25 - Studio 1                                                                                                             |         | B.PUMP VIRTUAL<br>13:30 - 14:30 - Studio 1                                                                                                             | B.PUMP VIRTUAL<br>13:30 - 14:30 - Studio 1                                                                                                             |

# HORARIO de actividades dirigidas

Centro

**YO10**  
sportclub

| HORA  | LUNES                                             | MARTES                                           | MIÉRCOLES                                         | JUEVES                                           | VIERNES | SÁBADO                                           | DOMINGO                                          |
|-------|---------------------------------------------------|--------------------------------------------------|---------------------------------------------------|--------------------------------------------------|---------|--------------------------------------------------|--------------------------------------------------|
| 14:00 | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2          | LM CORE VIRT.<br>14:00 - 14:30 - Studio 2        | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2          | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2         |         | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2         | GRIT VIRTUAL<br>14:00 - 14:30 - Studio 2         |
|       | HIIT<br>14:00 - 14:30 - Fitness                   | B.BALANCE VIRT<br>14:30 - 15:20 - Studio 2       | HIIT<br>14:00 - 14:30 - Fitness                   | RPM VIRTUAL<br>14:00 - 14:50 - Studio<br>Cycling |         | RPM VIRTUAL<br>14:00 - 14:45 - Studio<br>Cycling | RPM VIRTUAL<br>14:00 - 14:50 - Studio<br>Cycling |
|       | LM CORE VIRT.<br>14:00 - 14:45 - Studio 1         | B.PUMP<br>14:30 - 15:25 - Studio 1               | B.BALANCE VIRT<br>14:30 - 15:25 - Studio 2        |                                                  |         |                                                  |                                                  |
|       | B.PUMP VIRTUAL<br>14:30 - 15:20 - Studio 2        | RPM VIRTUAL<br>14:30 - 15:20 - Studio<br>Cycling | B.PUMP VIRTUAL<br>14:30 - 15:25 - Studio 1        |                                                  |         |                                                  |                                                  |
|       | CICLO INDOOR<br>14:30 - 15:15 - Cycling           |                                                  | CICLO INDOOR<br>14:30 - 15:15 - Studio<br>Cycling |                                                  |         |                                                  |                                                  |
| 15:00 | RPM VIRTUAL<br>14:30 - 15:20 - Studio<br>Cycling  |                                                  |                                                   |                                                  |         |                                                  |                                                  |
|       | B.PUMP VIRTUAL<br>15:30 - 16:15 - Studio 1        | GRIT VIRTUAL<br>15:30 - 16:00 - Studio 2         | B.PUMP VIRTUAL<br>15:30 - 16:25 - Studio 1        |                                                  |         |                                                  |                                                  |
| 16:00 | LM CORE VIRT.<br>15:30 - 16:00 - Studio 2         | RPM VIRTUAL<br>15:30 - 16:20 - Studio<br>Cycling | LM CORE VIRT.<br>15:30 - 16:00 - Studio 2         |                                                  |         |                                                  |                                                  |
|       | RPM VIRTUAL<br>16:00 - 16:50 - Studio<br>Cycling  | B.PUMP VIRTUAL<br>16:00 - 16:50 - Studio 1       | RPM VIRTUAL<br>16:00 - 16:45 - Studio<br>Cycling  |                                                  |         |                                                  |                                                  |
| 17:00 | GRIT VIRTUAL<br>16:30 - 17:00 - Studio 2          | LM CORE VIRT.<br>16:30 - 17:00 - Studio 2        |                                                   |                                                  |         |                                                  |                                                  |
|       | B. COMBAT VIRTUAL<br>17:00 - 17:50 - Studio 1     | B.BALANCE VIRTUAL<br>17:00 - 17:55 - Studio 2    | B. COMBAT VIRTUAL<br>17:00 - 17:55 - Studio 1     |                                                  |         |                                                  |                                                  |
|       | B.BALANCE VIRT<br>17:00 - 17:55 - Studio 2        | B.COMBAT VIRTUAL<br>17:00 - 17:50 - Studio 1     | RPM VIRTUAL<br>17:00 - 17:45 - Studio<br>Cycling  |                                                  |         |                                                  |                                                  |
| 18:00 | RPM VIRTUAL<br>17:00 - 17:50 - Studio<br>Cycling  | RPM VIRTUAL<br>17:00 - 17:50 - Studio<br>Cycling |                                                   |                                                  |         |                                                  |                                                  |
|       | B.PUMP<br>18:00 - 18:55 - Studio 1                | CICLO INDOOR<br>18:00 - 18:45 - Cycling          | B.PUMP<br>18:00 - 18:55 - Studio 1                |                                                  |         |                                                  |                                                  |
|       | PILATES<br>18:00 - 18:55 - Studio 2               | LM CORE VIRT.<br>18:00 - 18:30 - Studio 2        | PILATES<br>18:00 - 18:55 - Studio 2               |                                                  |         |                                                  |                                                  |
| 19:00 | RPM VIRTUAL<br>18:00 - 18:45 - Studio<br>Cycling  | ZUMBA<br>18:00 - 18:55 - Studio 1                | RPM VIRTUAL<br>18:00 - 18:45 - Studio<br>Cycling  |                                                  |         |                                                  |                                                  |
|       | B.COMBAT<br>19:00 - 19:55 - Studio 1              | B.PUMP<br>19:00 - 19:55 - Studio 1               | B. COMBAT VIRTUAL<br>19:00 - 19:55 - Studio 1     |                                                  |         |                                                  |                                                  |
|       | CICLO INDOOR<br>19:00 - 19:45 - Studio<br>Cycling | HIIT<br>19:00 - 19:45 - Fitness                  | B.BALANCE<br>19:00 - 19:55 - Studio 2             |                                                  |         |                                                  |                                                  |
|       | STRETCHING<br>19:00 - 19:55 - Studio 2            | RPM VIRTUAL<br>19:00 - 19:45 - Studio<br>Cycling | HIIT<br>19:00 - 19:45 - Fitness                   |                                                  |         |                                                  |                                                  |
| 20:00 |                                                   | YOGA<br>19:00 - 19:55 - Studio 2                 | RPM VIRTUAL<br>19:00 - 19:45 - Studio<br>Cycling  |                                                  |         |                                                  |                                                  |
|       | GRIT<br>20:00 - 20:30 - Studio 1                  | B.BALANCE VIRT<br>20:00 - 20:55 - Studio 2       | CARDIO-YOGA<br>20:00 - 20:55 - Studio 2           |                                                  |         |                                                  |                                                  |
|       | YIN-YOGA<br>20:00 - 20:55 - Studio 2              | LES MILLS CORE<br>20:00 - 20:30 - Studio 1       | CICLO INDOOR<br>20:00 - 20:45 - Studio<br>Cycling |                                                  |         |                                                  |                                                  |
|       | LES MILLS CORE<br>20:30 - 21:00 - Studio 1        | GLUTEUP<br>20:30 - 21:00 - Studio 1              | LM CORE VIRT.<br>20:00 - 20:30 - Studio 1         |                                                  |         |                                                  |                                                  |
| 21:00 | RPM VIRTUAL<br>20:30 - 21:20 - Studio<br>Cycling  | RPM VIRTUAL<br>20:30 - 21:20 - Studio<br>Cycling |                                                   |                                                  |         |                                                  |                                                  |
|       | GRIT VIRTUAL<br>21:30 - 22:00 - Studio 1          | B.PUMP VIRTUAL<br>21:30 - 22:15 - Studio 1       | B. COMBAT VIRTUAL<br>21:30 - 21:50 - Studio 1     |                                                  |         |                                                  |                                                  |
|       | RPM VIRTUAL<br>21:30 - 22:20 - Studio<br>Cycling  | RPM VIRTUAL<br>21:30 - 22:20 - Studio<br>Cycling | LM CORE VIRT.<br>21:30 - 22:00 - Studio 2         |                                                  |         |                                                  |                                                  |
|       |                                                   |                                                  | RPM VIRTUAL<br>21:30 - 22:15 - Studio<br>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.

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