

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CICLO INDOOR VIR 07:30 - 08:20 - ST3	CICLO INDOOR VIR 07:30 - 08:20 - ST3	CICLO INDOOR VIR 07:30 - 08:20 - ST3				
08:00	PILATES 08:00 - 08:50 - ST1	GLUTEUP 08:00 - 08:50 - ST1	B.PUMP 08:00 - 08:50 - ST1	YOGA 08:00 - 08:50 - ST1	CORE 08:00 - 08:25 - ST1		
09:00	CICLO INDOOR VIR 08:30 - 09:20 - ST3	CICLO INDOOR VIR 08:30 - 09:20 - ST3	CICLO INDOOR VIR 08:30 - 09:20 - ST3				
	B.PUMP 09:30 - 10:20 - ST1	B.COMBAT 09:30 - 10:20 - ST2	CICLO INDOOR VIR 09:30 - 10:20 - ST3	B.COMBAT 09:30 - 10:20 - ST1	HIIT 09:30 - 10:15 - ST1	CICLO INDOOR VIR 09:30 - 10:20 - ST3	CICLO INDOOR VIR 09:30 - 10:20 - ST3
	CICLO INDOOR VIR 09:30 - 10:20 - ST3	CICLO INDOOR VIR 09:30 - 10:20 - ST3	YOGA 09:30 - 10:20 - ST2				
10:00	GIMNASIA SUAVE 10:00 - 10:50 - ST2	PILATES 10:00 - 10:50 - ST1	GIMNASIA SUAVE 10:00 - 10:50 - ST1	AQUA GYM 10:30 - 11:20 - AQA	ZUMBA 10:30 - 11:20 - ST1	B.PUMP 10:00 - 10:50 - ST1	HIIT 10:00 - 10:45 - ST1
	CICLO INDOOR 10:30 - 11:20 - ST3	AQUA GYM 10:30 - 11:20 - AQA	CICLO INDOOR 10:30 - 11:20 - ST3	B.PUMP 10:30 - 11:20 - ST1			CICLO INDOOR VIR 10:30 - 11:20 - ST3
		CICLO INDOOR VIR 10:30 - 11:20 - ST3					
		CORE 10:30 - 10:55 - ST2					
11:00	B.BALANCE 11:00 - 11:50 - ST2	HIIT 11:00 - 11:25 - ST2	ZUMBA 11:00 - 11:50 - ST1	PILATES 11:30 - 12:20 - ST1	B.BALANCE 11:30 - 12:20 - ST1	CICLO INDOOR 11:00 - 11:50 - ST3	B.BALANCE VIRT 11:30 - 12:20 - ST1
	CICLO INDOOR VIR 11:30 - 12:20 - ST3	B.PUMP 11:30 - 12:20 - ST1	CICLO INDOOR VIR 11:30 - 12:20 - ST3			B. COMBAT VIRTUAL 11:30 - 12:20 - ST1	CICLO INDOOR VIR 11:30 - 12:20 - ST3
	ZUMBA 11:30 - 12:20 - ST1	CICLO INDOOR VIR 11:30 - 12:20 - ST3					
12:00	AQUADYNAMIC 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA	GLUTEUP 30 12:00 - 12:25 - ST1	AQUA GYM 12:30 - 13:20 - AQA	AQUADYNAMIC 12:30 - 13:20 - AQA	AQUA GYM 12:00 - 12:50 - AQA	AQUA GYM 12:00 - 12:50 - AQA
	CICLO INDOOR VIR 12:30 - 13:20 - ST3	CICLO INDOOR VIR 12:30 - 13:20 - ST3	AQUADYNAMIC 12:30 - 13:20 - AQA	GLUTEUP 30 12:30 - 12:55 - ST1		B.BALANCE VIRT 12:30 - 13:20 - ST1	B.PUMP VIRTUAL 12:30 - 13:20 - ST1
			CICLO INDOOR VIR 12:30 - 13:20 - ST3			CICLO INDOOR VIR 12:30 - 13:20 - ST3	CICLO INDOOR VIR 12:30 - 13:20 - ST3
13:00	GLUTEUP 13:00 - 13:50 - ST1	B.COMBAT 13:00 - 13:50 - ST1	B.PUMP 13:00 - 13:50 - ST1	CICLO INDOOR VIR 13:30 - 14:20 - ST3	CICLO INDOOR VIR 13:30 - 14:20 - ST3	CICLO INDOOR VIR 13:30 - 14:20 - ST3	
	CICLO INDOOR VIR 13:30 - 14:20 - ST3	CICLO INDOOR VIR 13:30 - 14:20 - ST3	CICLO INDOOR VIR 13:30 - 14:20 - ST3	CORE 13:30 - 13:55 - ST1	HIIT 13:30 - 13:55 - ST1		
14:00	B. COMBAT VIRTUAL 14:00 - 14:50 - ST1	B.PUMP VIRTUAL 14:00 - 14:50 - ST1	B.BALANCE VIRT 14:00 - 14:50 - ST1	B.PUMP VIRTUAL 14:00 - 14:50 - ST1	B. COMBAT VIRTUAL 14:00 - 14:50 - ST1	B.BALANCE VIRT 14:00 - 14:50 - ST1	
	CICLO INDOOR VIR 14:30 - 15:20 - ST3	CICLO INDOOR VIR 14:30 - 15:20 - ST3	CICLO INDOOR VIR 14:30 - 15:20 - ST3	CICLO INDOOR VIR 14:30 - 15:20 - ST3	CICLO INDOOR VIR 14:30 - 15:20 - ST3	CICLO INDOOR VIR 14:30 - 15:20 - ST3	
15:00	B.BALANCE VIRT 15:00 - 15:50 - ST1	B. COMBAT VIRTUAL 15:00 - 15:50 - ST1	B.PUMP VIRTUAL 15:00 - 15:50 - ST1	B. COMBAT VIRTUAL 15:00 - 15:50 - ST1	B.BALANCE VIRT 15:00 - 15:50 - ST1	B.PUMP VIRTUAL 15:00 - 15:50 - ST1	
16:00	B.PUMP VIRTUAL 16:00 - 16:50 - ST1	B.BALANCE VIRT 16:00 - 16:50 - ST1	B. COMBAT VIRTUAL 16:00 - 16:50 - ST1	B.BALANCE VIRT 16:00 - 16:50 - ST1	B.PUMP VIRTUAL 16:00 - 16:50 - ST1	B. COMBAT VIRTUAL 16:00 - 16:50 - ST1	
	CICLO INDOOR VIR 16:00 - 16:50 - ST3	CICLO INDOOR VIR 16:00 - 16:50 - ST3	CICLO INDOOR VIR 16:00 - 16:50 - ST3	CICLO INDOOR VIR 16:00 - 16:50 - ST3	CICLO INDOOR VIR 16:00 - 16:50 - ST3	CICLO INDOOR VIR 16:00 - 16:50 - ST3	
17:00	B.BALANCE VIRT 17:00 - 17:50 - ST1	B.COMBAT VIRTUAL 17:00 - 17:50 - ST1	B.PUMP VIRTUAL 17:00 - 17:50 - ST1	B. COMBAT VIRTUAL 17:00 - 17:50 - ST1	CICLO INDOOR VIR 17:00 - 17:50 - ST3	B. COMBAT VIRTUAL 17:00 - 17:50 - ST1	
	CICLO INDOOR VIR 17:00 - 17:50 - ST3	CICLO INDOOR VIR 17:00 - 17:50 - ST3	CICLO INDOOR VIR 17:00 - 17:50 - ST3	CICLO INDOOR VIR 17:00 - 17:50 - ST3	CORE 17:30 - 17:55 - ST1	CICLO INDOOR VIR 17:00 - 17:50 - ST3	
18:00	B.BALANCE 18:00 - 18:50 - ST1	B.PUMP 18:00 - 18:50 - ST1	ZUMBA 18:00 - 18:50 - ST1	GLUTEUP 18:00 - 18:50 - ST1	YOGA 18:00 - 18:50 - ST1	B.PUMP VIRTUAL 18:00 - 18:50 - ST1	
	CICLO INDOOR 18:15 - 19:05 - ST3	YOGA 18:00 - 18:50 - ST2	CICLO INDOOR 18:15 - 19:05 - ST3	PILATES 18:00 - 18:50 - ST2	CICLO INDOOR VIR 18:15 - 19:05 - ST3	CICLO INDOOR VIR 18:15 - 19:05 - ST3	
		CICLO INDOOR VIR 18:15 - 19:05 - ST3	CORE 18:30 - 18:55 - ST2	CICLO INDOOR VIR 18:15 - 19:05 - ST3			

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:00	AQUA GYM 19:00 - 19:50 - AQA	AQUADYNAMIC 19:00 - 19:50 - AQA	AQUA GYM 19:00 - 19:50 - AQA	AQUADYNAMIC 19:00 - 19:50 - AQA	B.PUMP 19:00 - 19:50 - ST1		
	B.PUMP 19:00 - 19:50 - ST1	B.COMBAT 19:00 - 19:50 - ST1	B.PUMP 19:00 - 19:50 - ST1	HIIT 19:00 - 19:25 - ST2	CICLO INDOOR VIR 19:15 - 20:05 - ST3		
	CICLO INDOOR 19:15 - 20:05 - ST3	PILATES 19:00 - 19:50 - ST2	YOGA 19:00 - 19:50 - ST2	ZUMBA 19:00 - 19:50 - ST1			
20:00		CICLO INDOOR 19:15 - 20:05 - ST3	CICLO INDOOR 19:15 - 20:05 - ST3	CICLO INDOOR 19:15 - 20:05 - ST3			
				CORE 19:30 - 19:55 - ST2			
	B.COMBAT 20:00 - 20:50 - ST1	CORE 20:00 - 20:30 - ST2	GLUTEUP 20:00 - 20:50 - ST1	B.BALANCE 20:00 - 20:50 - ST1	HIIT 20:00 - 20:25 - ST1		
21:00	HIIT 20:00 - 20:25 - ST2	ZUMBA 20:00 - 20:50 - ST1	HIIT 20:00 - 20:25 - ST2	CICLO INDOOR VIR 20:15 - 21:05 - ST3	CICLO INDOOR VIR 20:15 - 21:05 - ST3		
	CICLO INDOOR 20:15 - 21:05 - ST3	CICLO INDOOR 20:15 - 21:05 - ST3	CICLO INDOOR 20:15 - 21:05 - ST3				
	ZUMBA 21:00 - 21:50 - ST1	GLUTEUP 21:00 - 21:50 - ST1	B.COMBAT 21:00 - 21:50 - ST1	B.PUMP 21:00 - 21:50 - ST1	B.BALANCE VIRT 21:00 - 21:50 - ST1		
	CICLO INDOOR VIR 21:15 - 22:05 - ST3	CICLO INDOOR VIR 21:15 - 22:05 - ST3	CICLO INDOOR VIR 21:15 - 22:05 - ST3	CICLO INDOOR VIR 21:15 - 22:05 - ST3	CICLO INDOOR VIR 21:15 - 22:05 - ST3		
		HIIT 21:15 - 21:45 - 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
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www.yodiez.com

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las Redes sociales

