

| HS. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--|----------------------------------|--|----------------------------------|--|---|---------|
| 08:00 | SPORTFUNCTIONAL | SPORTCYCLE 45' | SPORTFUNCTIONAL | SPORTCYCLE 45' | SPORTFUNCTIONAL | | |
| 08:30 | SPORTCYCLE 45' | | SPORTCYCLE 45' | | SPORTCYCLE 45' | | |
| 09:00 | | SPORTFUNCTIONAL | | SPORTFUNCTIONAL | | | |
| 10:00 | | | | | | GAP | |
| 11:00 | SPORT PILATES | HATHA YOGA | SPORT PILATES | HATHA YOGA | SPORT PILATES | SPORTCYCLE 45' SPORTCYCLE 45' SPORTFUNCTIONAL | |
| 12:00 | STRETCHING SPORTFUNCTIONAL | | STRETCHING SPORTFUNCTIONAL | | STRETCHING SPORTFUNCTIONAL | CALISTENIA STRONG BY ZUMBA | |
| 12:15 | | SPORT LOCAL | | SPORT LOCAL | | | |
| 13:00 | | | | | | ZUMBA | |
| 13:15 | | SPORTCYCLE 45' SPORTCYCLE 45' | | SPORTCYCLE 45' SPORTCYCLE 45' | | | |
| 17:00 | ZUMBA TEENS | CALISTENIA TEENS | ZUMBA TEENS | CALISTENIA TEENS | | | |
| 18:00 | CALISTENIA ESFERO PILATES | ZUMBA | CALISTENIA ESFERO PILATES | ZUMBA | CALISTENIA ESFERO PILATES | | |
| 18:45 | | HATHA YOGA | | HATHA YOGA | | | |
| 19:00 | SPORTFUNCTIONAL SPORTCYCLE 45' BODY PUMP | TALLER 100% ABDOMINALES 30' | SPORTFUNCTIONAL BODY PUMP SPORTCYCLE 45' | TALLER 100% ABDOMINALES 30' | SPORTFUNCTIONAL SPORTCYCLE 45' BODY PUMP | | |
| 19:30 | | BODY COMBAT | | BODY COMBAT | | | |
| 20:00 | STRETCHING | CALISTENIA | STRETCHING | CALISTENIA | STRETCHING | | |
| 20:15 | CROSS TRAINING | | CROSS TRAINING | | CROSS TRAINING | | |
| 20:30 | TALLER 100% ABDOMINALES 30' | SPORTCYCLE 45' | TALLER 100% ABDOMINALES 30' | SPORTCYCLE 45' | TALLER 100% ABDOMINALES 30' | | |
| 21:00 | SPORTCYCLE 45' | | SPORTCYCLE 45' | | SPORTCYCLE 45' | | |

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