

| HS. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|---|---|---|---|---|--------------------------|---------|
| 07:45 | | SPORTCYCLE | | SPORTCYCLE | | | |
| 08:30 | | SPORTFUNCTIONAL | | SPORTFUNCTIONAL | | | |
| 09:00 | GAP SPORTCYCLE | PILATES MAT | SPORTCYCLE GAP | PILATES MAT | GAP SPORTCYCLE | | |
| 10:00 | YOGA | STRETCHING | YOGA | STRETCHING | YOGA | YOGA PINKSOCCER | |
| 10:30 | | | | | | SPORTFUNCTIONAL | |
| 11:00 | | | | | | ZUMBA SPORTCYCLE | |
| 12:00 | LOCAL MIX TRAINING | LATINO | LOCAL MIX TRAINING | LATINO | LOCAL MIX TRAINING | LOCALIZADA SPORTCYCLE | |
| 12:30 | SPORTFUNCTIONAL | SPORTFUNCTIONAL | SPORTFUNCTIONAL | SPORTFUNCTIONAL | SPORTFUNCTIONAL | | |
| 13:00 | | SPORTCYCLE | | SPORTCYCLE | | STRETCHING | |
| 13:30 | ZUMBA | | ZUMBA | | ZUMBA | | |
| 15:00 | YOGA | | YOGA | | YOGA | | |
| 18:00 | TULUKA BOXING SPORTCYCLE LOCALIZADA | FUTBOL INFANTIL SPORTCYCLE FIGHT DO | TULUKA BOXING LOCALIZADA SPORTCYCLE | FUTBOL INFANTIL FIGHT DO SPORTCYCLE | TULUKA BOXING LOCALIZADA SPORTCYCLE | | |
| 19:00 | PINKSOCCER RITMOS LATINOS SPORTCYCLE TULUKA BOXING | SPORTCYCLE BODY PUMP | RITMOS LATINOS SPORTCYCLE TULUKA BOXING | BODY PUMP PINKSOCCER SPORTCYCLE | RITMOS LATINOS SPORTCYCLE TULUKA BOXING | | |
| 19:30 | | 100% ABDOMINALES | | 100% ABDOMINALES | | | |
| 20:00 | TULUKA BOXING BODY PUMP SPORTCYCLE SPORTFUNCTIONAL | SPORTFUNCTIONAL | SPORTFUNCTIONAL TULUKA BOXING SPORTCYCLE BODY PUMP | SPORTFUNCTIONAL | SPORTFUNCTIONAL TULUKA BOXING BODY PUMP | | |
| 20:15 | | YOGA | | YOGA | | | |

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