

| | | l | m | x | j | v | s | d |
|---------------|---------------|--------------------|--------------------|------------------|--------------------|--------------------|------------------|--------------------|
| 07:00 - 07:50 | SALA 1 | CIRCUIT FIT MON | BODY PUMP MON | T.B.C. MON | | | | |
| | SALA 2 | | | | SPINCLUB MON | | | |
| 07:00 - 08:00 | SALA 1 | | | | | JUMPING MON | | |
| 08:00 - 08:50 | SALA 1 | | BODY MIND MON | | REED. POSTURAL MON | BODY PUMP MON | | |
| | SALA 2 | SPINCLUB MON | | SPINCLUB MON | | | | |
| 09:30 - 10:20 | SALA 1 | G.A.C. MON | | T.B.C. MON | MANTENIMENT MON | CIRCUIT FIT MON | | REED. POSTURAL MON |
| | SALA 2 | | SPINCLUB MON | | | SPINCLUB MON | | |
| 10:30 - 11:00 | | | MANTENIMENT MON | | | | | |
| 10:30 - 11:00 | | | | | | CORE MON | | |
| 10:30 - 11:20 | SALA 2 | | | SPINCLUB MON | | | SPINCLUB MON | |
| | SALA 1 | REED. POSTURAL MON | BALLS EN LINIA MON | | ZUMBA MON | REED. POSTURAL MON | | BODY PUMP MON |
| 11:30 - 12:20 | SALA 1 | | | | | | T.B.C. MON | |
| | SALA 2 | | | | | | | SPINCLUB MON |
| 12:30 - 13:20 | SALA 1 | | | | | | BODY COMBAT@ MON | |
| 14:30 - 15:00 | SALA 1 | | | H.I.I.T. MON | | | | |
| 15:30 - 16:00 | SALA 1 | | | H.I.I.T. MON | | | | |
| 15:30 - 16:20 | SALA 1 | BODY MIND MON | | | | | | |
| 16:30 - 17:00 | SALA 2 | SPINHIIT MON | | | | | | |
| 16:30 - 17:20 | SALA 1 | | CIRCUIT FIT MON | | BODY PUMP MON | | | |
| | SALA 2 | | | SPINCLUB MON | | | | |
| | | | GLUTE MON | | | | | |
| | SOCIAL | | | | | BODY MIND MON | | |
| 17:30 - 18:20 | SALA 2 | SPINCLUB MON | SPINCLUB MON | SPINCLUB MON | SPINCLUB MON | | | |
| | SALA 1 | BODY PUMP MON | BODY COMBAT@ MON | BODY PUMP MON | T.B.C. MON | ZUMBA MON | | |
| 18:30 - 19:20 | SALA 1 | MANTENIMENT MON | BODY PUMP MON | MANTENIMENT MON | ZUMBA MON | T.B.C. MON | | |
| | SALA 2 | SPINCLUB MON | SPINCLUB MON | SPINCLUB MON | SPINCLUB MON | SPINCLUB MON | | |
| 19:30 - 20:20 | SALA 1 | T.B.C. MON | ZUMBA MON | BODY COMBAT@ MON | BODY PUMP MON | BODY COMBAT@ MON | | |
| | SALA 2 | SPINCLUB MON | SPINCLUB MON | SPINCLUB MON | SPINCLUB MON | | | |