

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 07:00 | AIGUAGIM 30' 07:15 - 07:45 | ESTIRAMIEN TOS HOLISTICOS | AIGUAGIM 30' 07:15 - 07:45 | AIGUAGIM 30' 07:15 - 07:45 | | |
| | PILATES 07:15 - 08:05 | HIP-HOP 07:15 - 07:45 08:00 | | BODY COMBAT | | |
| 08:00 | PILATES 07:15 - 08:05 | HIP-HOP 07:15 - 08:00 | HIP-HOP 08:00 - 08:00 | BODY COMBAT | PILATES 30' 08:00 - 08:30 | CYCLING 08:00 - 09:00 |
| | DS TRAININ G | TRAININ G 30' | AGUA CTC 08:00 - 08:45 | SALSA 08:00 - 08:30 | AGUA CTC 08:00 - 08:45 | |
| | AGUA CTC 08:00 - 08:45 | AGUA CTC 08:00 - 08:45 | CYCLING 08:00 - 09:00 | AGUA CTC 08:00 - 08:45 | CYCLING 08:00 - 09:00 | |
| | CYCLING 08:00 - 09:00 | CYCLING 08:00 - 09:00 | | CYCLING 08:00 - 09:00 | ROCK N'ROLL 08:35 - 08:50 | |
| | HIP-HOP 08:30 - 09:00 | ROCK N'ROLL 08:35 - 08:50 | | ESQUENA SANA 30' 08:15 - 09:00 | | |
| 09:00 | CYCLING 08:00 - 09:00 | CYCLING 08:00 - 09:00 | CYCLING 08:00 - 09:00 | CYCLING 08:00 - 09:00 | CYCLING 08:00 - 09:00 | CYCLING 08:00 - 09:00 |
| | HIP-HOP 08:30 - 09:00 | DS TRAININ G | AGUA SALUD 09:00 - 09:45 | ESQUENA SANA 30' 08:15 - 09:00 | DS TRAININ G | CYCLING 09:15 - 10:15 |
| | AGUA CTC 09:00 - 09:45 | AGUA CTC 09:00 - 09:45 | GYM D'OR 09:00 - 09:50 | DS TRAININ G | AGUA CTC 09:00 - 09:45 | |
| | GYM D'OR.CTC 09:00 - 09:50 | GYM D'OR.RITME S | BODY COMBAT | AGUA CTC 09:00 - 09:45 | CTC 09:00 - 09:50 | |
| | HIP-HOP 09:15 - 10:05 | PILATES 09:10 - 09:45 | CYCLING 09:15 - 10:15 | ESQUENA SANA 09:00 - 09:50 | GYM D'OR.PILATES | |
| | CYCLING 09:15 - 10:15 | CYCLING 09:15 - 10:15 | ROCK N'ROLL 09:50 - 10:05 | LET'S GO 09:10 - 09:45 | CYCLING 09:15 - 10:15 | |
| | | ROCK N'ROLL 09:50 - 10:05 | | CYCLING 09:15 - 10:15 | | |
| 10:00 | HIP-HOP 09:15 - 10:05 | CYCLING 09:15 - 10:15 | CYCLING 09:15 - 10:15 | CYCLING 09:15 - 10:15 | GYM D'OR.PILATES | CYCLING 09:15 - 10:15 |
| | CYCLING 09:15 - 10:15 | ROCK N'ROLL 09:50 - 10:05 | ROCK N'ROLL 09:50 - 10:05 | ROCK N'ROLL 09:50 - 10:05 | CYCLING 09:15 - 10:15 | HIP-HOP 10:00 - 10:30 |
| | CIRCUIT FITNESS 10:00 - 10:30 | CIRCUIT FITNESS 10:00 - 10:30 | HIP-HOP 10:15 - 11:05 |
| | AGUA CTC 10:00 - 10:45 | AGUA CTC 10:00 - 10:45 | CYCLING 10:30 - 11:30 |
| | LET'S GO 10:00 - 10:50 | ESQUENA SANA 10:00 - 10:50 | IOGA 10:00 - 10:50 | CTC 10:00 - 10:50 | LET'S GO 10:00 - 10:50 | ROCK N'ROLL 10:35 - 10:50 |
| | IOGA 10:00 - 10:50 | LET'S GO 10:15 - 11:05 | TONIFICACI Ó 10:00 - 10:50 | STEP 10:15 - 11:05 | TRAININ G 10:15 - | |
| | TRAININ G | WALKIN G | HIP-HOP 10:15 - | CYCLING 10:30 - 11:30 | CYCLING 10:30 - 11:30 | |
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| | CYCLING 10:30 - 11:30 | CYCLING 10:30 - 11:30 | CYCLING 10:30 - 11:30 | | | |
| | | | DS TRAININ G | | | |
| 11:00 | TRAININ G 10:15 - | LET'S GO 10:15 - 11:05 | HIP-HOP 10:15 - 11:05 | STEP 10:15 - 11:05 | TRAININ G 10:15 - | HIP-HOP 10:15 - 11:05 |
| | CYCLING 10:30 - 11:30 | WALKIN G 10:30 - | CYCLING 10:30 - 11:30 | CYCLING 10:30 - 11:30 | CYCLING 10:30 - 11:30 | CYCLING 10:30 - 11:30 |
| | AGUA CTC 11:00 - 11:45 | CYCLING 10:30 - 11:30 | DS TRAININ G | AGUA CTC 11:00 - 11:45 | AGUA SALUD 11:00 - 11:45 | DANCE 11:00 - 11:50 |
| | ESQUENA SANA 11:00 - 11:50 | AGUA CTC 11:00 - 11:45 | AGUA CTC 11:00 - 11:45 | QIGONG 11:00 - 11:50 | ESQUENA SANA 11:00 - 11:50 | ABDOMINAL ES 15' SF 11:15 - 11:30 |
| | ESQUENA SANA 11:00 - 11:50 | ESTIRAMIEN TOS HOLISTICOS 11:00 - 11:50 | ESQUENA SANA 11:00 - 11:50 | PILATES 11:00 - 11:50 | ESTIRAMIEN TOS HOLISTICOS 11:00 - 11:50 | WALKIN G 30' 11:30 - 12:00 |
| | ABDOMINAL ES 15' SF 11:15 - 11:30 | ABDOMINAL ES 15' SF 11:15 - 11:30 | ESQUENA SANA 11:00 - 11:50 | ABDOMINAL ES 15' SF 11:15 - 11:30 | ABDOMINAL ES 15' SF 11:15 - 11:30 | CYCLING 11:45 - 12:45 |
| | PILATES 11:15 - 12:05 | DS TRAININ G | ABDOMINAL ES 15' SF 11:15 - 11:30 | TONIFICACI Ó 11:15 - 12:05 | PILATES 11:15 - 12:05 | |
| | RADIKAL /FUNCIO NAL | CYCLING 11:45 - 12:45 | LET'S GO 11:15 - 12:05 | DS TRAININ G | WALKIN G 30' 11:30 - | |
| | CYCLING 11:45 - 12:45 | | RADIKAL /FUNCIO NAL | CYCLING 11:45 - 12:45 | CYCLING 11:45 - 12:45 | |
| | | | CYCLING 11:45 - 12:45 | | | |
| 12:00 | PILATES 11:15 - 12:05 | DS TRAININ G 11:30 - | LET'S GO 11:15 - 12:05 | TONIFICACI Ó 11:15 - 12:05 | PILATES 11:15 - 12:05 | WALKIN G 30' 11:30 - 12:00 |
| | RADIKAL /FUNCIO NAL | CYCLING 11:45 - 12:45 | RADIKAL /FUNCIO NAL | DS TRAININ G | WALKIN G 30' 11:30 - | CYCLING 11:45 - 12:45 |
| | CYCLING 11:45 - 12:45 | LET'S GO 12:00 - 12:50 | CYCLING 11:45 - 12:45 | CYCLING 11:45 - 12:45 | CYCLING 11:45 - 12:45 | RADIKAL /FUNCIO NAL 12:00 - 12:30 |
| | WALKIN G 30' 12:00 - | | IOGA 12:05 - 12:55 | AGUA CTC 12:00 - 12:45 | RADIKAL /FUNCIO NAL | ESQUENA SANA 12:00 - 12:50 |
| | TAI-TXÍ 12:00 - 12:50 | | ROCK N'ROLL 12:10 - 12:25 | TAI-TXÍ 12:00 - 12:50 | TAI-TXÍ 12:00 - 12:50 | AGUA CTC 12:30 - 13:15 |
| | IOGA 12:05 - 12:55 | | | TAI-TXÍ 12:00 - 12:50 | ROCK N'ROLL 12:10 - 12:25 | |
| | | | | ESQUENA SANA 12:05 - 12:55 | | |
| | | | | ROCK N'ROLL 12:10 - 12:25 | | |
| 13:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 | AGUA CTC 12:30 - 13:15 |
| | ABDOMINAL ES 15' SF 13:30 - 13:45 | ABDOMINAL ES 15' SF 13:30 - 13:45 | ABDOMINAL ES 15' SF 13:30 - 13:45 | ABDOMINAL ES 15' SF 13:30 - 13:45 | ABDOMINAL ES 15' SF 13:30 - 13:45 | CYCLING 13:00 - 14:00 |

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| | RADIKAL /FUNCIONAL | HIP-HOP 13:45 - 14:15 | TRAINING 30' 13:45 - | RADIKAL /FUNCIONAL | DS TRAINING | ABDOMINALES 15' SF 13:30 - 13:45 |
| | LET'S GO 13:45 - 14:30 | DS TRAINING 13:45 - 14:15 | | SALSA 13:45 - 14:15 | TONIFICACIÓN 13:45 - 14:30 | RADIKAL /FUNCIONAL 13:45 - 14:15 |
| 14:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 | CYCLING 13:00 - 14:00 |
| | RADIKAL /FUNCIONAL 13:45 - 14:15 | HIP-HOP 13:45 - 14:15 | TRAINING 30' 13:45 - 14:15 | RADIKAL /FUNCIONAL 13:45 - 14:15 | DS TRAINING 13:45 - 14:15 | RADIKAL /FUNCIONAL 13:45 - 14:15 |
| | LET'S GO 13:45 - 14:30 | DS TRAINING 13:45 - 14:15 | BODY COMBAT 13:45 - 14:15 | SALSA 13:45 - 14:15 | TONIFICACIÓN 13:45 - 14:30 | CYCLING 14:15 - 15:15 |
| | CYCLING 14:15 - 15:15 | HIP-HOP 14:15 - 15:05 | CYCLING 14:15 - 15:15 | LET'S GO 14:15 - 15:05 | CYCLING 14:15 - 15:15 | |
| | HIP-HOP 14:30 - 15:00 | CYCLING 14:15 - 15:15 | | CYCLING 14:15 - 15:15 | ESQUENA SANA 30' 14:30 - 15:00 | |
| 15:00 | CYCLING 14:15 - 15:15 | HIP-HOP 14:15 - 15:05 | BODY COMBAT 14:15 - 15:05 | LET'S GO 14:15 - 15:05 | CYCLING 14:15 - 15:15 | CYCLING 14:15 - 15:15 |
| | HIP-HOP 14:30 - 15:00 | CYCLING 14:15 - 15:15 | CYCLING 14:15 - 15:15 | CYCLING 14:15 - 15:15 | ESQUENA SANA 30' 14:30 - 15:00 | CYCLING 15:30 - 16:30 |
| | HIP-HOP 15:30 - 16:00 | AGUA CTC 15:00 - 15:45 | ROCK N'ROLL 15:05 - 15:20 | AGUA CTC 15:00 - 15:45 | AGUA CTC 15:00 - 15:45 | |
| | AGUA CTC 15:30 - 16:15 | SALSA 15:30 - 16:00 | PILATES 30' 15:30 - 16:00 | ROCK N'ROLL 15:05 - 15:20 | ROCK N'ROLL 15:05 - 15:20 | |
| | CYCLING 15:30 - 16:30 | CYCLING 15:30 - 16:30 | AGUA CTC 15:30 - 16:15 | HIP-HOP 15:30 - 16:00 | CYCLING 15:30 - 16:30 | |
| | | | CYCLING 15:30 - 16:30 | CYCLING 15:30 - 16:30 | | |
| 16:00 | HIP-HOP 15:30 - 16:00 | SALSA 15:30 - 16:00 | PILATES 30' 15:30 - 16:00 | HIP-HOP 15:30 - 16:00 | CYCLING 15:30 - 16:30 | CYCLING 15:30 - 16:30 |
| | AGUA CTC 15:30 - 16:15 | CYCLING 15:30 - 16:30 | AGUA CTC 15:30 - 16:15 | CYCLING 15:30 - 16:30 | PILATES 16:00 - 16:50 | CYCLING 16:45 - 17:45 |
| | CYCLING 15:30 - 16:30 | PILATES 16:00 - 16:50 | CYCLING 15:30 - 16:30 | LET'S GO 16:00 - 16:50 | CYCLING 16:45 - 17:45 | |
| | DANCE 16:00 - 16:50 | CYCLING 16:45 - 17:45 | CTC 16:00 - 16:50 | CYCLING 16:45 - 17:45 | | |
| | AGUA CTC 16:30 - 17:15 | | CYCLING 16:45 - 17:45 | | | |
| | CYCLING 16:45 - 17:45 | | | | | |
| 17:00 | AGUA CTC 16:30 - 17:15 | CYCLING 16:45 - 17:45 | CYCLING 16:45 - 17:45 | CYCLING 16:45 - 17:45 | CYCLING 16:45 - 17:45 | CYCLING 16:45 - 17:45 |
| | CYCLING 16:45 - 17:45 | LET'S GO 17:00 - 17:50 | ESQUENA SANA 17:00 - 17:50 | TAI-TXÍ 17:00 - 17:50 | LET'S GO 17:00 - 17:50 | |
| | TONIFICACIÓN 17:00 - 17:50 | TAI-TXÍ 17:00 - 17:50 | RADIKAL /FUNCIONAL 17:30 - | CTC 17:00 - 17:50 | RADIKAL /FUNCIONAL 17:30 - | |
| | ESTIRAMIENTOS | | | | | |

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| | TOS HOLISTICOS 17:00 - 17:50 | | | | | |
| | RADIKAL /FUNCIONAL | | | | | |
| 18:00 | RADIKAL /FUNCIONAL | ABDOMINAL ES 15' SF 18:00 - 18:15 | RADIKAL /FUNCIONAL | ABDOMINAL ES 15' SF 18:00 - 18:15 | RADIKAL /FUNCIONAL | ABDOMINAL ES 15' SF 18:00 - 18:15 |
| | ABDOMINAL ES 15' SF 18:00 - 18:15 | HIP-HOP 18:00 - 18:50 | ABDOMINAL ES 15' SF 18:00 - 18:15 | QIGONG 18:00 - 18:50 | ABDOMINAL ES 15' SF 18:00 - 18:15 | CYCLING 18:00 - 19:00 |
| | PILATES 18:00 - 18:50 | TAI-TXÍ 18:00 - 18:50 | JUNIOR 18:00 - 18:50 | PILATES 18:00 - 18:50 | TONIFICACIÓ 18:00 - 18:50 | |
| | JUNIOR 18:00 - 18:50 | JUNIOR 18:00 - 18:50 | ESTIRAMIEN TOS 18:00 - 18:50 | CYCLING 18:00 - 19:00 | CYCLING 18:00 - 19:00 | |
| | CYCLING 18:00 - 19:00 | CYCLING 18:00 - 19:00 | LET'S GO 18:00 - 18:50 | DS TRAINING | DS TRAINING | |
| | DS TRAINING | DS TRAINING | CYCLING 18:00 - 19:00 | HIP-HOP 18:45 - 19:05 | | |
| | ROCK N'ROLL 18:50 - 19:05 | ESQUENA SANA 18:15 - 19:05 | DS TRAINING | AGUA CTC 18:45 - 19:30 | | |
| | | AGUA CTC 18:45 - 19:30 | ROCK N'ROLL 18:50 - 19:05 | | | |
| 19:00 | CYCLING 18:00 - 19:00 | CYCLING 18:00 - 19:00 | CYCLING 18:00 - 19:00 | CYCLING 18:00 - 19:00 | CYCLING 18:00 - 19:00 | CYCLING 18:00 - 19:00 |
| | ROCK N'ROLL 18:50 - 19:05 | ESQUENA SANA 18:15 - 19:05 | ROCK N'ROLL 18:50 - 19:05 | HIP-HOP 18:15 - 19:05 | AERÒBIC 19:00 - 19:15 | CYCLING 19:15 - 20:15 |
| | IOGA 19:00 - 19:50 | AGUA CTC 18:45 - 19:30 | ESQUENA SANA 19:00 - 19:50 | AGUA CTC 18:45 - 19:30 | CYCLING 19:15 - 20:15 | |
| | HIP-HOP 19:00 - 19:50 | QIGONG 19:00 - 19:50 | IOGA 19:00 - 19:50 | TAI-TXÍ 19:00 - 19:50 | ROCK N'ROLL 19:55 - 20:10 | |
| | STEP BÁSIC 19:15 - 20:05 | CTC 19:00 - 19:50 | TONIFICACIÓ 19:15 - 20:05 | LET'S GO 19:00 - 19:50 | | |
| | CYCLING 19:15 - 20:15 | DANCE 19:15 - 20:05 | CYCLING 19:15 - 20:15 | ESQUENA SANA 19:15 - 20:05 | | |
| | WALKING 19:30 - 19:50 | CYCLING 19:15 - 20:15 | RADIKAL /FUNCIONAL | CYCLING 19:15 - 20:15 | | |
| | ROCK N'ROLL 19:55 - 20:10 | WALKING 19:30 - 19:50 | WALKING 19:30 - 19:50 | WALKING 19:30 - 19:50 | | |
| | | ROCK N'ROLL 19:55 - 20:10 | ROCK N'ROLL 19:55 - 20:10 | ROCK N'ROLL 19:55 - 20:10 | | |
| 20:00 | STEP BÁSIC 19:15 - 20:05 | DANCE 19:15 - 20:05 | TONIFICACIÓ 19:15 - 20:05 | ESQUENA SANA 19:15 - 20:05 | CYCLING 19:15 - 20:15 | CYCLING 19:15 - 20:15 |
| | CYCLING 19:15 - 20:15 | CYCLING 19:15 - 20:15 | CYCLING 19:15 - 20:15 | CYCLING 19:15 - 20:15 | ROCK N'ROLL 19:55 - 20:10 | CYCLING 20:30 - 21:30 |
| | WALKING 19:30 - 19:50 | WALKING 19:30 - 19:50 | RADIKAL /FUNCIONAL | WALKING 19:30 - 19:50 | HIP-HOP 20:15 - 21:05 | |
| | ROCK N'ROLL 19:55 - 20:10 | ROCK N'ROLL 19:55 - 20:10 | WALKING 19:30 - 19:50 | ROCK N'ROLL 19:55 - 20:10 | CYCLING 20:30 - 21:30 | |
| | DS TRAINING | PILATES 20:00 - 20:50 | ROCK N'ROLL | HIP-HOP 20:15 - 20:45 | | |

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| | AGUA CTC 20:15 - 21:00 20:45 | HIP-HOP 20:15 - 20:45 | DS55 - 20:10 TRAININ G | RADIKAL /FUNCIO NAL | | |
| | AERÒBI C 20:15 - 20:45 | RADIKAL /FUNCIO NAL | AGUA CTC 20:15 - 21:00 | STEP - 20:15 - 21:05 | | |
| | BODY COMBAT | LET'S GO 20:15 - 21:05 | BODY COMBAT | CYCLING 20:30 - 21:30 | | |
| | WALKIN G 30' 20:30 - 21:05 | CYCLING 20:30 - 21:30 | HIP-HOP 20:15 - 21:05 | AGUA CTC 20:45 - 21:30 | | |
| | CYCLING 20:30 - 21:30 | AGUA CTC 20:45 - 21:30 | WALKIN G 30' 20:30 - 21:05 | ROCK N'ROLL 20:50 - 21:05 | | |
| | | ROCK N'ROLL 20:50 - 21:05 | CYCLING 20:30 - 21:30 | | | |
| 21:00 | AGUA CTC 20:15 - 21:00 | LET'S GO 20:15 - 21:05 | AGUA CTC 20:15 - 21:00 | STEP 20:15 - 21:05 | HIP-HOP 20:15 - 21:05 | CYCLING 20:30 - 21:30 |
| | AERÒBI C 20:15 - 20:45 | CYCLING 20:30 - 21:30 | BODY COMBAT | CYCLING 20:30 - 21:30 | CYCLING 20:30 - 21:30 | CYCLING 21:45 - 22:45 |
| | BODY COMBAT | AGUA CTC 20:45 - 21:30 | HIP-HOP 20:15 - 21:05 | AGUA CTC 20:45 - 21:30 | CYCLING 21:45 - 22:45 | |
| | WALKIN G 30' 20:30 - 21:05 | ROCK N'ROLL 20:50 - 21:05 | WALKIN G 30' 20:30 - 21:05 | ROCK N'ROLL 20:50 - 21:05 | | |
| | CYCLING 20:30 - 21:30 | ESQUENA SANA 21:00 - 21:50 | CYCLING 20:30 - 21:30 | ESTIRAMIEN TOS HOLISTICOS | | |
| | SALSA 21:15 - 21:45 | HIP-HOP 21:15 - 22:05 | AERÒBI C 21:15 - 22:05 | DS00 - 21:50 TRAININ G | | |
| | PILATES 21:15 - 22:05 | CYCLING 21:45 - 22:45 | CYCLING 21:45 - 22:45 | HIP-HOP 21:45 - 22:05 | | |
| | CYCLING 21:45 - 22:45 | | | CYCLING 21:45 - 22:45 | | |
| 22:00 | PILATES 21:15 - 22:05 | HIP-HOP 21:15 - 22:05 | AERÒBI C 21:15 - 22:05 | HIP-HOP 21:15 - 22:05 | CYCLING 21:45 - 22:45 | CYCLING 21:45 - 22:45 |
| | CYCLING 21:45 - 22:45 | CYCLING 21:45 - 22:45 | CYCLING 21:45 - 22:45 | CYCLING 21:45 - 22:45 | | |