

| | Lunes / Monday | Martes / Tuesday | Miercoles / Wednesday | Jueves / Thursday | Viernes / Friday | Sabado / Saturday | | | | | |
|-------|------------------|----------------------|-----------------------------|-----------------------------|-----------------------------|----------------------|-----------------|-----------|------------|-----------------------|----------|
| 8:00 | | | 8:10 – 9:00 CrossCircuit | 8:10 – 9:00 CrossCircuit | 8:10 – 9:00 CrossCircuit | | | | | | |
| 9:00 | | | | | | | | | | | |
| 9:30 | CoreStix | GAP | Jumping 1 | CrossFight | Pilates 1 | CrossFunc | STRONG by Zumba | Jumping 2 | CoreStix | | |
| 10:30 | Pilates 1 | Triathlon | Pilates 2 | CoreStix | LaDanza! POWER | CrossFunc | Stretch & Flow | Cycling | CrossTrain | Pilates Fusion | CoreStix |
| 11:30 | SmartFit | Stretch & Flow | LaDanza 1 | LaDanza 2 | DrumBeats | SmartFit | | | | | |
| 12:30 | CoreStix | CrossTrain 1 | CrossFunc | CoreStix | LaDanza! 1 | CrossFunc | | | | | |
| 13:30 | | | | | | | | | | | |
| 14:30 | | CrossCircuit | | CrossCircuit | | | | | | Lunes: 8:00-21:30 | |
| 15:30 | CrossCircuit | LaDanza | CoreStix | CrossPower 1 | CrossFunc | | | | | Martes: 8:00-21:30 | |
| 16:30 | CrossFunc | CrossTrain 1 | DrumBeats | CoreStix | LaDanza! 2 | | | | | Miércoles: 8:00-21:30 | |
| 17:30 | LaDanza! POWER 2 | Stretch & Flow | GAP | STRONG by Zumba | XtremeFIT | CrossPower 2 | | | | Jueves: 8:00-21:30 | |
| 18:30 | Jumping 2 | LaDanza! 2 | Pilates Fusion | CrossPower 2 | CrossTrain 2 | CoreStix | | | | Viernes: 8:00-20:30 | |
| 19:30 | CrossTrain | CrossFight | Cycling | | | Salsa 1 (pago extra) | | | | Sabado: 10:30-13:30 | |
| 20:30 | | Salsa 2 (pago extra) | | | | | | | | | |

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