

| LUNES | | | MARTES | | | MIÉRCOLES | | | JUEVES | | | VIERNES | | | SABADO | | |
|-------|-----------------------|---------|--------|-----------------------|---------|-----------|-----------------------|---------|--------|-----------------------|---------|---------|-----------------------|---------|--------|-----------------------|---------|
| HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA |
| 9:15 | Ciclo - Virtual | Ciclo | 9:15 | Ciclo - Virtual | Ciclo | 9:15 | Ciclo - Virtual | Ciclo | 9:15 | Ciclo - Virtual | Ciclo | 9:15 | Ciclo - Virtual | Ciclo | 9:15 | Ciclo - Virtual | Ciclo |
| 9:15 | Mantenimiento | 1 | 9:15 | Body Pump | 1 | 9:15 | Mantenimiento | 1 | 9:15 | Body Pump | 1 | 9:15 | Body Pump | 1 | 10:00 | Eliptica Bike Virtual | Fitness |
| | | | | | | 9:15 | Yoga | 4 | | | | 9:15 | Yoga | 4 | 10:15 | GAP | 1 |
| 9:15 | Pilates | 5 | 9:15 | Pilates | 4 | 9:15 | Pilates | 5 | 9:15 | Pilates | 4 | 9:15 | Pilates | 5 | 10:30 | Training Fit | Fitness |
| 9:30 | Training Fit | Fitness | 9:30 | Training Fit | Fitness | 9:30 | Training Fit | Fitness | 9:30 | Training Fit | Fitness | 9:30 | Training Fit | Fitness | 11:15 | Aquafitness | Piscina |
| 10:00 | Eliptica Bike Virtual | Fitness | 10:00 | Eliptica Bike Virtual | Fitness | 10:00 | Eliptica Bike Virtual | Fitness | 10:00 | Eliptica Bike Virtual | Fitness | 10:00 | Eliptica Bike Virtual | Fitness | 11:30 | Ciclo - Virtual | Ciclo |
| 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Ciclo - Indoor | Ciclo | 12:00 | Eliptica Bike Virtual | Fitness |
| 10:15 | Zumba | 1 | 10:15 | Sh'Bam | 1 | 10:15 | Zumba | 1 | 10:15 | Sh'Bam | 1 | 10:15 | Zumba | 1 | 13:00 | Abdominales | Fitness |
| | | | 10:15 | Yoga | 4 | | | | 10:15 | Yoga | 4 | | | | 14:30 | Ciclo - Virtual | Ciclo |
| 10:15 | AquaFitness | Piscina | 10:15 | AquaFitness | Piscina | 10:15 | AquaFitness | Piscina | 10:15 | AquaFitness | Piscina | 10:15 | AquaFitness | Piscina | 16:30 | Ciclo - Virtual | Ciclo |
| 11:00 | AquaSalud | Piscina | 11:00 | AquaSalud | Piscina | 11:00 | AquaSalud | Piscina | 11:00 | AquaSalud | Piscina | 11:00 | AquaSalud | Piscina | 18:30 | Training Fit | Fitness |
| 11:15 | Hipopresivos | 1 | 11:15 | Body Balance | 1 | | | | 11:15 | Body Balance | 1 | 11:15 | Fit-Ball Tone | 1 | 19:00 | Ciclo - Virtual | Ciclo |
| 11:15 | TRX | Fitness | 11:15 | Abdominales | Fitness | 11:15 | TRX | Fitness | 11:15 | Abdominales | Fitness | 11:15 | Stretching | Fitness | 19:30 | ABDS Xpress | Fitness |
| 11:15 | R. Postural | 4 | | | | 11:15 | R. Postural | 4 | | | | | | | | | |
| 11:30 | Ciclo - Virtual | Ciclo | 11:30 | Ciclo - Virtual | Ciclo | 11:30 | Ciclo - Virtual | Ciclo | 11:30 | Ciclo - Virtual | Ciclo | 11:30 | Ciclo - Virtual | Ciclo | | | |
| 12:00 | Eliptica Bike Virtual | Fitness | 12:00 | Eliptica Bike Virtual | Fitness | 12:00 | Eliptica Bike Virtual | Fitness | 12:00 | Eliptica Bike Virtual | Fitness | 12:00 | Eliptica Bike Virtual | Fitness | | | |
| 13:00 | Ciclo - Virtual | Ciclo | 13:00 | Ciclo - Virtual | Ciclo | 13:00 | Ciclo - Virtual | Ciclo | 13:00 | Ciclo - Virtual | Ciclo | 13:00 | Ciclo - Virtual | Ciclo | | | |
| 14:00 | Training Fit | Fitness | 14:00 | Training Fit | Fitness | 14:00 | Training Fit | Fitness | 14:00 | Training Fit | Fitness | 14:00 | Training Fit | Fitness | | | |
| 14:30 | Total Training | 1 | | | | 14:30 | Total Training | 1 | | | | | | | | | |
| 14:30 | Ciclo - Virtual | Ciclo | 14:30 | Ciclo - Virtual | Ciclo | 14:30 | Ciclo - Virtual | Ciclo | 14:30 | Ciclo - Virtual | Ciclo | 14:30 | Ciclo - Virtual | Ciclo | | | |
| 16:30 | Ciclo - Virtual | Ciclo | | | | 16:30 | Ciclo - Virtual | Ciclo | | | | | | | | | |
| | | | 17:30 | Ciclo - Virtual | Ciclo | | | | 17:30 | Ciclo - Virtual | Ciclo | | | | | | |
| 17:30 | Training Fit | Fitness | 17:30 | TRX | Fitness | 17:30 | Training Fit | Fitness | 17:30 | TRX | Fitness | 17:30 | Training Fit | Fitness | | | |
| 18:00 | Hipopresivos | 1 | 18:00 | Body Balance | 1 | 18:00 | HIIT | 1 | 18:00 | GAP | 1 | 18:00 | Zumba | 1 | | | |
| 18:45 | AquaSalud | Piscina | | | | 18:45 | AquaSalud | Piscina | | | | | | | | | |
| 19:00 | Ciclo - Indoor | Ciclo | 19:00 | Ciclo - Indoor | Ciclo | 19:00 | Ciclo - Indoor | Ciclo | 19:00 | Ciclo - Indoor | Ciclo | 19:00 | Ciclo - Indoor | Ciclo | | | |
| 19:00 | Body Pump | 1 | 19:00 | Body Combat | 1 | 19:00 | Body Pump | 1 | 19:00 | Body Combat | 1 | 19:00 | Pilates | 1 | | | |
| 19:00 | Fit-Ball Tone | 2 | 19:00 | Hipopresivos | 2 | 19:00 | Fit-Ball Tone | 2 | 19:00 | Hipopresivos | 2 | | | | | | |
| | | | 19:00 | Yoga | 4 | 19:00 | Yoga-Terapia | 4 | 19:00 | Yoga | 4 | | | | | | |
| 19:30 | AquaFitness | Piscina | 19:30 | AquaFitness | Piscina | 19:30 | AquaFitness | Piscina | 19:30 | AquaFitness | Piscina | 19:30 | AquaFitness | Piscina | | | |
| 20:00 | Ciclo - Indoor | Ciclo | 20:00 | Ciclo - Indoor | Ciclo | 20:00 | Ciclo - Indoor | Ciclo | 20:00 | Ciclo - Indoor | Ciclo | 20:00 | Ciclo - Indoor | Ciclo | | | |
| 20:00 | Zumba | 1 | 20:00 | Body Pump | 1 | 20:00 | Zumba | 1 | 20:00 | Body Pump | 1 | 20:00 | Body Pump | 1 | | | |
| | | | 20:00 | Pilates | 2 | | | | 20:00 | Pilates | 2 | | | | | | |
| 20:00 | Stretching | Fitness | 20:00 | Abdominales | Fitness | 20:00 | Stretching | Fitness | 20:00 | Abdominales | Fitness | 20:00 | Stretching | Fitness | | | |
| | | | 20:15 | AquaZumba | Piscina | | | | 20:15 | AquaZumba | Piscina | | | | | | |
| | | | 20:30 | *TRIATLON* | Piscina | | | | 20:30 | *TRIATLON* | Piscina | | | | | | |
| 21:00 | Pilates | 1 | 21:00 | Zumba | 1 | 21:00 | Pilates | 1 | | | | | | | | | |
| 21:00 | GAP | 2 | 21:00 | HIIT | 2 | 21:00 | GAP | 2 | 21:00 | HIIT | 2 | | | | | | |
| 21:00 | Club Running | Ext. | 21:00 | Aikido | Tatami | | | | 21:00 | Aikido | Tatami | | | | | | |

* La dirección se reserva el derecho a modificación y/o cancelación de las actividades por necesidades organizativas.

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|---|--------------|---|-----------------|---|---------------------------|---|---------------------|---|---------|---|-----------------|
|  | Tonificación |  | Cuerpo / mente |  | Cardiovascular |  | Coreografía / Baile |  | Piscina |  | Alta intensidad |
|  | Virtual |  | Artes Marciales |  | Solo con "Cuota Triatlón" | | | | |  | Baja Intensidad |