

Horario clases en grupo

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---------------------------------------|-------------------------------|---------------------------------------|-------------------------------|-------------------------|-----------------------------------|-----------------------------------|
| | | 10:00 Mat Pilates | 10:00 Pilates Reformer | 10:00 Hatha Yoga | | |
| 11:00 Pilates Reformer | | | | | 9:00–14:00 Yoga en familia | 9:00–14:00 Yoga en familia |
| | | | 13:30 Pilates Reformer | | | |
| 14:30 Mat Pilates | 14:30 Bodybalance | 14:30 Hatha Yoga | 14:30 BodyPump | 14:30 Hatha Yoga | | |
| | | 14:30 Pilates Reformer | | | | |
| 15:30 BodyPump | | | | | | |
| 16:30 Hatha Yoga | 16:30 Pilates Reformer | | | | | |
| | | 17:30 BodyPump | | 18:00 BodyPump | | |
| 18:30 Hipopresivos con Pilates | 18:30 Mat Pilates | 18:30 Hipopresivos con Pilates | 18:30 Bodybalance | | | |
| | 18:30 Pilates Reformer | 18:30 Pilates Reformer | | | | |
| 19:30 Bodybalance | 19:30 BodyPump | 19:30 Hatha Yoga | 19:30 Mat Pilates | 19:30 Hatha Yoga | | |
| 19:30 Pilates Reformer | | | | | | |
| | | | 20:30 Pilates Reformer | | | |