

| | | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|---------------|----|--------------|--------------|-------------------------|--------------|--------------|----------|----------|
| 07:15 - 07:55 | S2 | | | | | HIIT STRONG | | |
| 07:15 - 08:00 | S2 | DUET CAMP | | BODYPUMP | | | | |
| 08:30 - 09:20 | S2 | ZUMBA | GLAM DANCE | PILATES | TONIFICACIÓ | PILATES | | |
| 09:30 - 10:20 | S2 | BALLET FIT | CTC | ZUMBA | ESQUENA SANA | ZUMBA | | |
| 10:30 - 11:20 | S2 | IOGA | PILATES | IOGA | ZUMBA | BODYPUMP | BODYPUMP | |
| 11:30 - 12:20 | S2 | IOGA | ESTIRAMENTS | DANSA DEL VENTRE | IOGA | BODY BALANCE | ZUMBA | |
| 12:30 - 13:20 | S2 | ESQUENA SANA | | GLAM DANCE | PILATES | | | |
| 14:30 - 15:00 | S2 | | | | | HIIT STRONG | | |
| 14:30 - 15:20 | S2 | | | BODYPUMP | DUET CAMP | | | |
| 15:30 - 16:20 | S2 | BODYPUMP | IOGA | ZUMBA | IOGA | | | |
| 17:00 - 17:50 | S2 | BODYPUMP | ZUMBA | BODY BALANCE | GAC 50' | IOGA | | |
| 18:00 - 18:50 | S2 | ZUMBA | BODYPUMP | CARDIO HIT + STRONG HIT | BODY COMBAT | | | |
| 18:15 - 19:05 | S2 | | | | | BODY BALANCE | | |
| 19:00 - 19:50 | S2 | BODYPUMP | BODY COMBAT | DUET CAMP | ZUMBA | | | |
| 19:15 - 20:05 | S2 | | | | | BODYPUMP | | |
| 20:00 - 20:50 | S2 | BODY COMBAT | BODY BALANCE | GAC 50' | BODYPUMP | | | |
| 20:15 - 21:05 | S2 | | | | | ZUMBA | | |
| 21:00 - 21:50 | S2 | GAC 50' | | BODYPUMP | BODY BALANCE | | | |