

| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES |
|-------|-----------|---------------|-----------|---------------|---------------|
| 08:30 | Pilates | | Pilates | | |
| 09:30 | | | | | Hatha Yoga |
| 10:00 | Pilates | Ashtanga Yoga | Pilates | Ashtanga Yoga | |
| 11:00 | Pilates | | Pilates | | |
| 11:30 | | | | | Ashtanga Yoga |
| 12:00 | Postparto | Prenatal | Postparto | Prenatal | |
| 13:00 | | | | | |

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|-------|---------------|---------------|----------|---------------|-----------------|
| 17.30 | | Hatha Yoga | | Hatha Yoga | Kundalini Yoga |
| 18:00 | Pilates | Pilates | Pilates | Pilates | |
| | Yoga Flow | | | | |
| 19:00 | Prenatal | Pilates | Prenatal | Pilates | |
| | | Hatha Yoga | | Hatha Yoga | |
| 19:30 | | | | | Yoga Suspensiom |
| 20:00 | Pilates | Pilates | Pilates | Pilates | |
| | Ashtanga Yoga | | | | |
| 20:30 | | Ashtanga Yoga | | Ashtanga Yoga | |
| 21:00 | Pilates | Pilates | Pilates | Pilates | |