

| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES |
|--------------|----------------------------|------------------|-----------------------------|------------------|-----------------|
| 8:30 | Pilates | | Pilates | | |
| 9:30 | | Kundalini | Hatha Yoga | Kundalini | Hatha Yoga |
| 10:00 | Pilates | Ashtanga | Pilates | Ashtanga | |
| | Yoga Nidra | | | | |
| 11:00 | | | Hatha Yoga | | |
| 11:15 | Pilates | | Pilates | | |
| 11:30 | | Yoga Terapéutico | | Yoga Terapéutico | Yoga Suspensiom |
| | | | | | Yoga Nidra |
| 12:00 | | Vinyasa Flow | | Vinyasa Flow | |
| 12:30 | Yoga Suspensiom | | Yoga Suspensiom | | |
| | Prenatal/Postparto | | Prenatal/Postparto | | |
| 16:45 | AeroKids (10 a 14 años) | | Yoga peques (3 a 9 años) | | |
| 17:00 | | Pilates | | Pilates | |
| 17:30 | | Hatha Yoga | | Hatha Yoga | |
| 18:00 | Pilates | | Pilates | | |
| | | | Vinyasa Flow | | |
| 18:15 | | Pilates | | Pilates | |
| 18:30 | Hatha Yoga | | | | |
| 19:00 | | Hatha Yoga | | Hatha Yoga | |
| 19:15 | Pilates | | Pilates | | |
| | | | Hatha Vinyasa | | |
| 19:30 | | Pilates | | Pilates | |
| 20:00 | Ashtanga | | | | |
| 20:30 | Pilates | Ashtanga | Pilates | Ashtanga | |
| 20:45 | | | Hatha Yoga | | |
| 21:00 | | Pilates | | Pilates | |