

| | | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado |
|---------------|----------------|---------|---------|-----------|---------|---------|---------|
| 07:00 - 07:45 | Studio Cycling | | Cycling | | | | |
| 09:30 - 10:15 | Studio Cycling | | Cycling | | Cycling | Cycling | |
| 10:30 - 11:15 | Studio Cycling | Cycling | | Cycling | | | Cycling |
| 18:30 - 19:15 | Studio Cycling | Cycling | | Cycling | | | |
| 19:30 - 20:15 | Studio Cycling | | Cycling | | Cycling | | |