

| | | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado |
|---------------|--------------|----------------|----------------|-------------|-------------|-------------|---------|
| 07:00 - 07:30 | Zona Queenax | | | Queenax | Gap | | |
| 08:30 - 09:00 | Zona TRX | | TRX | | TRX | | |
| | Zona Queenax | | | | | Queenax | |
| 08:30 - 09:25 | Sala 2 | Ponte en forma | | | | | |
| 09:00 - 09:30 | Sala 2 | | Gimnasia Suave | | | Fitball | |
| 09:30 - 09:55 | Sala 2 | | | | Abdominales | | |
| 09:30 - 10:00 | Sala 2 | Fitball | | | Fitball | | |
| 10:00 - 10:25 | Sala 2 | Abdominales | Abdominales | | | | |
| 10:00 - 10:30 | Sala 2 | | | Tono | | | |
| 10:30 - 10:55 | Sala 2 | | | Abdominales | | | |
| 10:30 - 11:25 | Sala 2 | | B.Pump | | B.Pump | B.Pump | |
| 11:30 - 12:00 | Zona Queenax | | | | | | Queenax |
| 14:30 - 14:55 | Zona Queenax | | | | | Abdominales | |
| 14:30 - 15:00 | Sala 2 | Gap | | Tono | | | |
| | Zona Queenax | | Queenax | | Queenax | | |
| 18:00 - 18:25 | Sala 1 | Abdominales | | Abdominales | | | |
| 18:00 - 18:30 | Zona Queenax | | | | | Abdominales | |
| 18:00 - 18:55 | Sala 2 | | B.Pump | | B.Pump | | |
| 19:00 - 19:25 | Sala 2 | | | | Abdominales | | |
| | Sala 1 | | Abdominales | | | | |
| 19:00 - 19:30 | Sala 2 | | Gluteboom | | | | |
| | Zona Queenax | | | | | Gap | |
| 19:30 - 20:00 | Sala 2 | | Tono | | | | |
| | Zona Queenax | Queenax | | Queenax | Queenax | | |
| 20:00 - 20:55 | Sala 2 | B.Pump | | B.Pump | | | |
| 21:00 - 21:30 | Zona Queenax | Gap | Queenax | | | | |