

| | | mon | tue | wen | thu | fri | sat | sun |
|---------------|------|--------------|--------------|--------------|--------------|--------------|------|---------|
| 08:00 - 09:00 | LIVE | | | PILATES | | | | |
| 09:30 - 10:30 | LIVE | | YOGA | | | | | |
| 10:30 - 11:30 | LIVE | | | | | | | PILATES |
| 14:00 - 15:00 | 40° | YOGA 40° (R) | | YOGA 40° (R) | | YOGA 40° (R) | | |
| 14:15 - 15:00 | LIVE | | | | PILATES | | | |
| 14:45 - 15:30 | LIVE | | PILATES | | | | | |
| 18:00 - 18:45 | LIVE | PILATES | | | | | | |
| 18:30 - 19:00 | 40° | | CORE 40° (R) | | | | | |
| 18:30 - 19:30 | LIVE | | | | | | YOGA | |
| 18:45 - 19:30 | LIVE | | | | PILATES | YOGA | | |
| 18:45 - 19:45 | 40° | YOGA 40° (R) | | | YOGA 40° (R) | | | |
| 19:15 - 20:15 | 40° | | YOGA 40° (R) | | | | | |
| 20:00 - 20:30 | 40° | | | | CORE 40° (R) | | | |
| 20:00 - 20:45 | LIVE | | PILATES | | | | | |
| 20:00 - 21:00 | 40° | YOGA 40° (R) | | | | | | |
| 20:30 - 21:30 | 40° | | YOGA 40° (R) | | | | | |