

| | | dl | dt | dc | dj | dv | db | dg |
|---------------|---------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:15 - 08:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| | LIVE | BODY PUMP | BODY COMBAT | BODY PUMP | PILATES | BODY PUMP | | |
| 07:30 - 07:45 | XPRESS | ABDOMINALS | | ABDOMINALS | | | | |
| 07:30 - 07:50 | XPRESS | | RADIKAL | | | | | |
| 08:15 - 08:30 | XPRESS | | DST | | | | | |
| 08:15 - 08:35 | XPRESS | | | FREE FIT | | RADIKAL | | |
| 08:15 - 08:45 | LIVE | CARDIO HIIT | | | | | | |
| 08:15 - 09:00 | CYCLING | | | CYCLING | | | | |
| 08:15 - 09:15 | VIRTUAL | | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 08:45 - 09:00 | XPRESS | ABDOMINALS | | | | | | |
| 08:45 - 09:05 | XPRESS | | | | RADIKAL | | | |
| 09:00 - 09:15 | XPRESS | | | ABDOMINALS | | ABDOMINALS | | |
| 09:00 - 10:00 | LIVE | | | | ZUMBA | | | |
| 09:15 - 09:35 | XPRESS | | FREE FIT | | | | | |
| 09:15 - 10:00 | LIVE | | | | | GAP 45' | | |
| 09:15 - 10:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 09:30 - 09:45 | XPRESS | | | | | | ABDOMINALS | ABDOMINALS |
| 09:30 - 10:30 | LIVE | | ZUMBA | | | | | |
| 09:45 - 11:05 | XPRESS | | | | | FREE FIT | | |
| 10:00 - 10:15 | XPRESS | | | | ABDOMINALS | | | |
| 10:00 - 11:00 | LIVE | ZUMBA | | YOGA | PILATES | YOGA | BODY PUMP | |
| 10:15 - 10:30 | XPRESS | | ABDOMINALS | | | | | |
| 10:15 - 10:35 | XPRESS | | | | | | RADIKAL | RADIKAL |
| 10:15 - 11:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL |
| 10:30 - 10:45 | XPRESS | | | DST | | | | |
| 10:30 - 10:50 | XPRESS | FREE FIT | | | | | | |
| 10:30 - 11:15 | LIVE | | GAP 45' | | | | | |
| 11:00 - 11:15 | XPRESS | | | | DST | | | |
| 11:00 - 11:45 | CYCLING | | | | | | CYCLING | |
| 11:00 - 12:00 | LIVE | PILATES | | | | | | |
| 11:15 - 11:30 | XPRESS | | | | | | | DST |
| 11:15 - 12:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL |
| 11:30 - 12:30 | LIVE | | | | | | | YOGA (R) |
| 11:45 - 12:00 | XPRESS | | | | | | DST | |
| 12:00 - 12:15 | XPRESS | DST | | ABDOMINALS | | ABDOMINALS | | |
| 12:00 - 12:20 | XPRESS | | RADIKAL | | RADIKAL | | | RADIKAL |
| 12:00 - 13:00 | LIVE | | | | | | PILATES | |
| 12:15 - 13:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 13:00 - 13:15 | XPRESS | | | | | | ABDOMINALS | ABDOMINALS |

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| 13:15 - 14:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 13:45 - 14:05 | XPRESS | RADIKAL | | | | | | |
| 14:00 - 14:15 | XPRESS | | ABDOMINALS | | ABDOMINALS | | | |
| 14:00 - 14:20 | XPRESS | | | RADIKAL | | RADIKAL | | |
| 14:00 - 14:45 | LIVE | BODY PUMP | | | | | | |
| 14:15 - 15:00 | CYCLING | CYCLING | | CYCLING | CYCLING | | | |
| | LIVE | | ZUMBA | TONO | PILATES | BODY PUMP | | |
| 14:15 - 15:15 | VIRTUAL | | CYCLING VIRTUAL | | | CYCLING VIRTUAL | CYCLING VIRTUAL | |
| 14:45 - 15:30 | LIVE | BODY COMBAT | | | | | | |
| 15:00 - 15:15 | XPRESS | ABDOMINALS | | ABDOMINALS | | ABDOMINALS | | |
| 15:00 - 15:20 | XPRESS | | RADIKAL | | RADIKAL | | | |
| 15:15 - 16:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | |
| 15:15 - 16:30 | VIRTUAL | | | CYCLING VIRTUAL | | | | |
| 15:30 - 15:45 | XPRESS | ABDOMINALS | DST | | ABDOMINALS | | | |
| 15:30 - 15:50 | XPRESS | | | RADIKAL | | RADIKAL | | |
| 16:15 - 16:30 | XPRESS | | | | | | ABDOMINALS | |
| 16:15 - 17:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | |
| 16:15 - 17:30 | VIRTUAL | | | CYCLING VIRTUAL | | | | |
| 17:00 - 17:45 | LIVE | YOGA | | | | | | |
| 17:15 - 17:35 | XPRESS | | | | | | RADIKAL | |
| 17:15 - 18:00 | LIVE | | BODY PUMP | | | | | |
| 17:15 - 18:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | |
| 17:30 - 17:45 | XPRESS | | | | DST | | | |
| 17:30 - 18:30 | LIVE | | | YOGA | | | | |
| 17:45 - 18:30 | LIVE | GAP 45' | | | ZUMBA | | | |
| 18:00 - 18:15 | XPRESS | | ABDOMINALS | | | ABDOMINALS | | |
| 18:00 - 18:45 | LIVE | | STEP | | | | | |
| 18:15 - 18:30 | XPRESS | | | | ABDOMINALS | | ABDOMINALS | |
| 18:15 - 18:35 | XPRESS | RADIKAL | | | | | | |
| 18:15 - 19:00 | LIVE | | | | | ZUMBA | | |
| 18:15 - 19:15 | VIRTUAL | | | | CYCLING VIRTUAL | | CYCLING VIRTUAL | |
| 18:15 - 19:30 | VIRTUAL | | | CYCLING VIRTUAL | | | | |
| 18:30 - 18:45 | XPRESS | | | GAP XPRESS | | | | |
| 18:30 - 19:15 | LIVE | ZUMBA (R) | | BODY PUMP (R) | BODY PUMP (R) | | | |
| 18:45 - 19:15 | LIVE | | CARDIO HIIT | | | | | |
| 18:45 - 19:30 | CYCLING | CYCLING (R) | | | | | | |
| 19:00 - 19:15 | XPRESS | | | | | FREE FIT | | |
| 19:00 - 19:45 | LIVE | | | | | BODY PUMP | | |
| | CYCLING | | CYCLING (R) | | | CYCLING | | |
| 19:15 - 19:30 | XPRESS | | | ABDOMINALS | | | | |

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| 19:15 - 19:35 | XPRESS | | | | FREE FIT | | | |
| 19:15 - 20:00 | CYCLING | | | CYCLING (R) | | | | |
| 19:30 - 19:45 | LIVE | PILATES (R) | | | | | | |
| 19:30 - 20:15 | XPRESS | | GAP XPRESS | | | | | |
| 19:30 - 20:30 | CYCLING | | | | CYCLING | | | |
| 19:30 - 20:30 | LIVE | | BODY PUMP (R) | BODY COMBAT (R) | PILATES | | | |
| 19:30 - 20:30 | Exterior | | | DUET RUNNERS | | | | |
| 19:45 - 20:00 | XPRESS | ABDOMINALS | | | | | | |
| 19:45 - 20:05 | XPRESS | | | | RADIKAL | | | |
| 19:45 - 20:15 | LIVE | | | | | CARDIO HIIT | | |
| 20:00 - 20:15 | XPRESS | | | DST | | ABDOMINALS | | |
| 20:00 - 20:45 | CYCLING | CYCLING (R) | CYCLING (R) | | | | | |
| 20:00 - 21:00 | VIRTUAL | | | | | CYCLING VIRTUAL | | |
| 20:15 - 20:30 | XPRESS | GAP XPRESS | | | | | | |
| 20:15 - 21:00 | LIVE | BODY PUMP (R) | ZUMBA (R) | BODY ATTACK | GAP 45' | | | |
| 20:15 - 21:15 | VIRTUAL | | | CYCLING VIRTUAL | CYCLING VIRTUAL | | | |
| 20:15 - 21:15 | LIVE | | | | | YOGA | | |
| 21:00 - 21:15 | XPRESS | | ABDOMINALS | ABDOMINALS | ABDOMINALS | | | |
| 21:00 - 21:45 | LIVE | BODY COMBAT (R) | PILATES | | BODY ATTACK | | | |
| 21:15 - 22:15 | VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | | |