

| | Horarios | Actividad | Profesor | EN CASO DE LLUVIA |
|----------------------------------|-----------------|-----------------------------------|-----------------------------------|-------------------|
| LUNES MIERCOLES Y VIERNES | 06:30 a 07.15 | HIIT | Emiliano Fajardo | F4 |
| | 06.45 a 07.45 | Funcional | Cristian Da Silva | FITNESS 1 |
| | 07.00 a 08.00 | XTP | Martín Irigaray | Gimnasio A |
| | 07.20 a 08.20 | Local Fuerte | Natalia Ferradans | FITNESS 2 |
| | 07:25 a 08:10 | HIIT | Emiliano Fajardo | F4 |
| | 07.30 a 08.15 | Gimnasia tradicional para adultos | Víctor Jara | ESTADIO |
| | 07.45 a 08.45 | Pilates intenso | Leticia Gadea | Gimnasio C |
| | 07.55 a 08.55 | Local funcional | María Noel Díaz | FITNESS 3 |
| | 08.05 a 08.50 | Stretching | Carmen Cammarano | Teatro |
| | 08.10 a 09.10 | XTP | Martín Irigaray | Gimnasio A |
| | 08:20 a 09:05 | HIIT | Emiliano Fajardo | F4 |
| | 08.55 a 09.55 | Gimnasia integral para adultos | Agustina Ipata | FITNESS 3 |
| | 09.05 a 10.05 | Yoga dinámico | Leticia Gadea | Teatro |
| | 09.55 a 10.55 | Zumba | Gabriel Toth | FITNESS 1 |
| | 10.05 a 11.05 | Higiene de columna | Agustina Ipata | FITNESS 3 |
| | 10.15 a 11.15 | Adulto mayor | Mariana Estellano | FITNESS 2 |
| | 11.25 a 12.25 | Pilates | María Noel Díaz | FITNESS 3 |
| | 12.15 a 13.00 | Gimnasia tradicional para adultos | Víctor Jara | F4 |
| | 16.00 a 17.00 | Adulto mayor | Sabina Asqueta | FITNESS 2 |
| | 16.30 a 17.30 | Funcional | Noelia Fiori | FITNESS 1 |
| | 17.20 a 18.20 | Pilates | Laura Grucci | FITNESS 3 |
| | 17.25 a 18.25 | funcional | Tomas Carrosio | Gimnasio B |
| | 18.15 a 19.15 | Local con barras | Marcela Gómez | FITNESS 1 |
| | 18.30 a 19.30 | Pilates | Hilda Noble | FITNESS 3 |
| 19.30 a 20.30 | Funcional | Claudia Cayetano | FITNESS 1 | |
| 19.40 a 20.25 | Stretching | Marcela Gómez | FITNESS 2 | |
| 20.35 a 21.35 | Pilates intenso | Leticia Gadea | FITNESS 3 | |
| | Horarios | Actividad | Profesor | |
| MARTES Y JUEVES | 07.00 a 08.00 | XTP | Martín Irigaray | Gimnasio A |
| | 07.20 a 08.20 | Funcional | Claudia Cayetano | FITNESS 3 |
| | 07.30 a 08.30 | Pilates | María Noel Díaz | GIMNASIO C |
| | 08.10 a 09.10 | XTP | Martín Irigaray | GIMNASIO A |
| | 08.35 a 09.20 | Stretching | Carmen Cammarano | F 4 |
| | 10.45 a 11.45 | Higiene de columna | Daniel Bertolini | FITNESS 2 |
| | 17.10 a 18.10 | Yoga dinámico | Leila Ganeglus | F 4 |
| | 17.25 a 18.25 | Funcional outdoor | Gabriel Fleitas/Santaigo Landeyra | Gimnasio B |
| | 18.20 a 19.20 | Pilates | Mariana Estellano | FITNESS 3 |
| | 18.30 a 19.30 | Zumba | Leila Ganeglus | MULTI 2 |
| | 19.40 a 20.40 | Funcional | Natalia Ferradans | FITNESS 2 |
| | 20.40 a 21.40 | Pilates intenso | Leticia Gadea | FITNESS 3 |
| | 20.45 a 21.45 | Funcional | Gabriel Toth | FITNESS 1 |
| | 20.50 a 21.25 | Stretching | Leila Ganeglus | FITNESS 2 |
| | Horarios | Actividad | Profesor | |
| SABADO | 09.05 a 10.05 | Pilates | Daniel Bertolini | FITNESS 3 |
| | 18:15 a 19.00 | HIIT | Natalia Ferradans | FITNESS 3 |