

TIME	CLASS	LOCATION
MONDAY		
8h00 - 9h00	Power Yoga	Dojo
9h15 - 10h00	BBB (legs-butt-belly)	Gymnasium
11h00 - 11h45	Aqua HIT	Swimming pool
11h00 - 11h50	Core Stability	Gymnasium
12h30 - 13h30	Body Pump	Hall 2a
16h00 - 16h50	BBB (legs-butt-belly)	Hall 2a
17h00 - 17h30	HIIT Grit Cardio	Hall 2a
17h00 - 17h50	Stretch Class	Gymnasium
17h00 - 17h50	Pilates	Dojo
17h40 - 18h30	Total Body	Hall 2a
18h00 - 18h25	Core Class	Gymnasium
18h00 - 18h50	Spinning	Spinning Theatre
18h00 - 18h50	Power Yoga	Dojo
18h30 - 20h00	Salsa L.A.	Gymnasium
18h45 - 19h45	Bodypump	Hall 2a
19h00 - 20h00	Spinning	Spinning Theatre
19h00 - 20h30	Kundalini Yoga	Dojo
TUESDAY		
7h45 - 8h45	Pilates	Dojo
8h00 - 8h50	Spinning	Spinning Theatre
9h00 - 10h00	Cardio Core	Hall 2a
11h00 - 11h50	Body Pump	Hall 2a
12h00 - 13h00	Meditation Yoga	Dojo
16h00 - 16h45	Spinning	Spinning Theatre
16h00 - 16h50	BBB (legs-butt-belly)	Hall 2a
17h00 - 17h30	HIIT - Grit Strength	Hall 2a
17h00 - 18h00	Yin Yoga	Dojo
17h30 - 18h30	Pilates	Pole Fitness Studio
17h40 - 18h40	Body Pump	Hall 2a
18h30 - 19h25	Modern Dance	Gymnasium
18h50 - 19h50	Cardio Core	Hall 2a
19h00 - 20h00	Spinning	Spinning Theatre
19h30 - 20h30	Show Dance	Gymnasium
WEDNESDAY		
8h00 - 8h50	Power Yoga	Dojo
9h00 - 10h00	Body Pump	Hall 2a
11h00 - 12h00	Pilates	Dojo
12h30 - 13h15	Spinning	Spinning Theatre
16h30 - 17h15	Cardio Core	Hall 2a
16h30 - 17h20	Yin Yoga	Dojo
17h00 - 17h50	Zumba	Gymnasium
17h20 - 17h50	HIIT Grit Cardio	Hall 2a
17h30 - 18h30	Spinning	Spinning Theatre
18h00 - 18h30	Core Class	Pole Fitness Studio
18h00 - 18h50	BBB (legs-butt-belly)	Hall 2a
18h00 - 18h50	Hip-Hop	Gymnasium
18h00 - 20h00	Capoeira	Hall 2b

TIME	CLASS	LOCATION
WEDNESDAY		
19h00 - 19h50	Body Pump	Hall 2a
19h00 - 20h00	Spinning	Spinning Theatre
20h30 - 22h00	Hatha Yoga	Dojo
THURSDAY		
7h45 - 8h45	Pilates	Dojo
9h00 - 10h00	BBB (legs-butt-belly)	Hall 2a
12h00 - 13h00	Power Yoga	Dojo
17h00 - 17h45	Spinning	Spinning Theatre
17h00 - 17h50	Stretch Class	Dojo
17h00 - 17h55	Krav Maga	Gymnasium
17h20 - 17h50	HIIT Grit Strength	Hall 2a
18h00 - 18h30	Core Class	Dojo
18h00 - 18h45	Aqua HIT	Swimming pool
18h00 - 18h50	Cardio Core	Hall 2a
18h00 - 18h50	Zumba	Gymnasium
18h30 - 19h00	Acro Yoga Advanced	Hall 2b
19h00 - 20h00	Acro Yoga All levels	Gymnasium
19h00 - 19h50	Body Pump	Hall 2a
19h00 - 20h00	Spinning	Spinning Theatre
FRIDAY		
8h00 - 8h50	Power Yoga	Dojo
8h15 - 8h45	HIIT Grit Strength	Hall 2a
9h00 - 10h00	Body Pump	Hall 2a
9h00 - 9h50	Spinning	Spinning Theatre
11h00 - 11h45	Crosswim	Swimming Pool
11h00 - 11h50	Core Stability	Dojo
11h00 - 11h50	BBB (legs-butt-belly)	Hall 2a
16h30 - 17h30	Total Body	Hall 2a
17h30 - 19h00	Capoeira	Hall 2b
17h45 - 18h45	Power Yoga	Dojo
SATURDAY		
9h30 - 11h00	Power Yoga	Dojo
10h00 - 11h00	Spinning	Spinning Theatre
10h00 - 11h00	Body Pump	Hall 2a
11h10 - 11h55	HIIT Grit Cardio + Core	Hall 2a
12h10 - 13h00	Pilates	Dojo
SUNDAY		
9h30 - 10h15	Aqua HIT	Swimming pool
9h30 - 11h00	Power Yoga	Dojo
9h45 - 10h45	Body Pump	Hall 2a
11h00 - 11h55	Cardio Core	Gymnasium
13h00 - 14h30	House Dance	Gymnasium

In our reservation system you can see which instructor teaches which class.

This schedule can vary due to holidays and other changes. For the current schedule please look into our reservation system.