

| | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado |
|-------|--------------------------------|------------------------------|--------------------------------|------------------------------|------------------------------|---------------------|
| 8:00 | Omnia fit Alejandra | | Omnia fit Alejandra | | | |
| 9:00 | Pilates Alejandra | Pilates Esther | Pilates Alejandra | Pilates Esther | Pilates Alejandra | |
| | Tai-chi Rosa | Aquasport Mª Jesús | Tai-chi Rosa | Aquasport Mª Jesús | Aquagym Lorena / Mª Jesús | |
| 9:30 | Aquapilates Lorena | Ciclo indoor Javi | Aquapilates Lorena | Ciclo indoor Javi | | |
| | | Nordic walking | | Nordic walking | | |
| 10:00 | Ciclo indoor Carlos | Core training Carlos | Ciclo indoor Carlos | Core training Carlos | Ciclo indoor Carlos | Baño libre familiar |
| | | Aquagym Mª Jesús | | Aquagym Mª Jesús | Aquafitness Lorena | |
| | Glute fit Alejandra | | Glute fit Alejandra | | Glute fit Alejandra | |
| 10:30 | | Body fitness Esther | | Body fitness Esther | | |
| | Omnia fit Miguel | Omnia fit Javier | Omnia fit Miguel | Omnia fit Javier | | |
| | | Zumba Sandra | | Zumba Sandra | | |
| 11:00 | Mantenimiento Juan Carlos | | Mantenimiento Juan Carlos | | Omnia fit Alejandra | Baño libre familiar |
| | Yoga Sandra | | Yoga Sandra | | Yoga Sandra | |
| 11:30 | | Omnia fit Sergio | | Omnia fit Sergio | | Ciclo indoor |
| 12:00 | Omnia fit Sandra | | Omnia fit Sandra | | Omnia fit Alejandra | Baño libre familiar |
| | Pilates Alejandra | | Pilates Alejandra | | | |
| 12:30 | | Pilates Sandra | | Pilates Sandra | | |
| 13:00 | Omnia fit Sandra | Omnia fit Sergio | Omnia fit Sandra | Omnia fit Sergio | Omnia fit Sandra | Baño libre familiar |
| | Small group power Alejandra | Small group power Vallejo | Small group power Alejandra | Small group power Vallejo | Aquasport Mª Jesús | |
| 13:30 | | Ciclo indoor Sandra | | Ciclo indoor Sandra | | |
| 14:00 | | | | | | Baño libre familiar |

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| 14:30 | Ciclo indoor Vallejo | Core training Sandra | Ciclo indoor Vallejo | Core training Sandra | | |
| 15:30 | | | | | Baño libre familiar | |
| 16:30 | Small group power Julián | Small group power Julián | Small group power Julián | Small group power Julián | Baño libre familiar | |
| | | Zumba Lorena | | Zumba Lorena | | |
| 17:00 | Perfect body Vallejo | | Perfect body Vallejo | | | |
| | Pilates Sandra | | Pilates Sandra | | | |
| 17:30 | | Ciclo indoor Vallejo | | Ciclo indoor Vallejo | Baño libre familiar | |
| | | Core training Esther | | Core training Esther | | |
| | | Mantenimiento Mónica | | Mantenimiento Mónica | | |
| 17:30 | | Omnia fit Macarena | | Omnia fit Macarena | | |
| | Small group power Julián | Small group power Julián | Small group power Julián | Small group power Julián | Small group power Julián | |
| 18:00 | Glute boom Esther | | Glute boom Esther | | Glute boom Esther | |
| | Omnia fit Vallejo | | Omnia fit Vallejo | | Omnia fit Vallejo | |
| | | | | | Sevillanas Laura | |
| | Zenyo / Yoga Sandra | | Zenyo / Yoga Sandra | | Zenyo / Yoga Sandra | |
| 18:30 | | Ciclo indoor Carlos | | Ciclo indoor Carlos | Baño libre familiar | |
| | | Omnia fit Esther | | Omnia fit Esther | | Omnia fit |
| | Mantenimiento Carlos | Entrenam. funcional Andrea | Mantenimiento Carlos | Entrenam. funcional Andrea | | |
| | | Pilates Esther | | Pilates Esther | | |
| | | Running club Vallejo | | Running club Vallejo | | |
| | Small group power Julián | Small group power Julián | Small group power Julián | Small group power Julián | Small group power Julián | |

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| 19:00 | Aquafitness José Luis | Aquafitness Andrea | Aquafitness José Luis | Aquafitness Andrea | | |
| | Baile latino (estilos) Esther | | Baile latino (estilos) Esther | | Baile latino (estilos) Esther | |
| | Interval - step Sandra | | Interval - step Sandra | | Core training Nuria | |
| | Omnia fit Lorena | | Omnia fit Lorena | | | |
| | Club de corredores Vallejo | | Club de corredores Vallejo | | | |
| 19:30 | | Body fitness Andrea | | Body fitness Andrea | Aquafitness Fernando | |
| | Ciclo indoor Julián | Ciclo indoor Macarena | Ciclo indoor Julián | Ciclo indoor Macarena | Ciclo indoor Macarena | |
| | GAP Andrea | Crossfit Vallejo | GAP Andrea | Crossfit Vallejo | | |
| | Small group power Carlos | Small group power Julián | Small group power Carlos | Small group power Julián | Small group power Carlos | |
| | | Zenyo(yogapilates) Esther | | Zenyo (yogapilates) Esther | | |
| 20:00 | Body fitness Vallejo | | Body fitness Vallejo | | Body fitness Vallejo | |
| | Pilates Esther | | Pilates Esther | | Pilates Esther | |
| 20:30 | | Kárate Sergio | | Kárate Sergio | | |
| | | Sikloon Julián | | Sikloon Julián | | |
| | Small group power Julián | Sevillanas Laura | Small group power Julián | | | |
| 21:00 | Core training Andrea | | Core training Andrea | | | |

! Actividades no impartidas durante el horario reducido

*Esta planificación tiene carácter orientativo y podrá ser modificada en cualquier momento en función de las necesidades organizativas del servicio o por causas justificadas del personal

**El baño familiar será siempre de una máx de 5 personas por familia