

| ARSENAL <small>MARCAJUDO</small> | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|--|-----------------------------------|--|--------------------------------------|--------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 07:15 - 08:00 | Sergi Morera BICINDOOR | Zigor M.C.F. | José Soro ESTIRAMIENTOS | Adrián Román TRX | Sergi Morera BICINDOOR | | |
| 08:00 - 09:00 | José Antonio Abril YOGA | | José Antonio Abril YOGA | | José Antonio Abril YOGA | | |
| 08:10 - 08:45 | | | Adriana Sintés PILATES | | | | |
| 08:10 - 08:55 | Zigor M.C.F. | Zigor ESTIRAMIENTOS | José Soro BICINDOOR | Zigor BOSU - FITT | José Soro AQUA-GYM | | |
| 10:30 - 11:20 | | Daniel Yanes 10:15 -11:00 BICINDOOR | | | David Padrós BICINDOOR | Adrián Roman BICINDOOR | Rotaciones BICINDOOR |
| 11:00 - 11:40 | Manu Ignoto ESTIRAMIENTOS | Zigor PILATES | Darío Salvia ESTIRAMIENTOS | Zigor PILATES | | | |
| 11:30 - 12:00 | | | | | | Rotaciones ABDOM./ESTIRAM. TRX | Rotaciones ABDOM./ESTIRAM. TRX |
| 12:00 - 12:45 | | | | | | ESTIRAMIENTOS | ESTIRAMIENTOS |
| 12:50 - 13:30 | Valentín AQUA-GYM | David Padrós AQUA-GYM | Darío Salvia AQUA-GYM | Zigor AQUA-GYM | Darío Salvia AQUA-GYM | | |
| 13:00 - 13:30 | Darío Salvia M.C.F. | | Valentín Boza M.C.F. | | David Padrós M.C.F. | | |
| 13:30 - 14:10 | Valentín Boza ESTIRAMIENTOS | Adriana Sintés ESTIRAMIENTOS | Valentín Boza ESTIRAMIENTOS | Manu Ignoto ESTIRAMIENTOS | Manu Ignoto ESTIRAMIENTOS | | |
| 14:00 - 14:50 | Carlos Carnero TRIAT. NATACIÓN | | | | | | |
| 14:15 - 14:45 | | Adriana Sintés 14:10 PILATES | Adriana Sintés 14:10 PILATES | Manu Ignoto TRX/CROSSFIT | | | |
| 14:15 - 15:05 | David Padrós BICINDOOR | David Padrós BICINDOOR | Carlos Sánchez BICINDOOR | David Padrós BICINDOOR | David Padrós BICINDOOR | | |
| 14:15 - 15:00 | Manu Ignoto M.C.F. | | Daniel Yanes ENT. FUNCIONAL | | Manu Ignoto TRX/CROSSFIT | | |
| 18:30 - 19:20 | | | | Adriana Sintés PILATES | | | |
| 19:00 - 19:30 | | Daniel Yanes TRX | | Diego Barreto ESTIRAMIENTOS | Daniel Yanes ESTIRAMIENTOS | | |
| 19:00 - 19:45 | Zigor TRX-ABDOMINALES | | José Sánchez ENT.FUNCIONAL | | | | |
| 19:30 - 20:00 | | Daniel Yanes ABDOMINALES | | | | | |
| 19:30 - 20:30 | | David Padrós BICINDOOR | David Padrós BICINDOOR | David Padrós BICINDOOR | Daniel Yanes TRX | | |
| 19:30 - 20:30 | | José Antonio Abril YOGA | José S. 19:45 - 20:15 R. POSTURAL | José Antonio Abril YOGA | | | |
| 19:45 - 20:30 | Zigor CROSSFITNESS | | | | | | |
| 20:00 - 21:00 | Adriana Sintés PILATES | | | | | | |
| 20:10 - 20:40 | | Daniel Yanes 20:00 - 20:30 TRX | | Diego Barreto ABDOMINALES | Rotaciones 20:00-20:30 ABDOMINALS | | |
| 20:30 - 21:15 | Carlos Sánchez BICINDOOR | | Diego Barreto ABDOMINALES | | Daniel Yanes BICINDOOR | | |

| ARSENAL <small>MATCHING</small> | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|------------------------------------|---------------------------|---------------------------|---------------------------------|------------------------------------|-------------------|-------------------|
| SALA VIRTUAL | | | | | | | |
| 07:15 - 08:00 | | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | | | |
| 08:15 - 09:00 | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL |
| 09:15 - 10:00 | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL |
| 10:15 - 11:00 | | | | BICINDOOR VIRTUAL | | | |
| 12:00 - 12:45 | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL |
| 13:00 - 13:45 | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL |
| 14:00 - 14:45 | | | | | | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL |
| 15:15 - 16:00 | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | | |
| 18:00 - 18:45 | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL |
| 19:00 - 19:45 | 19:30 - 20:15 BICINDOOR VIRTUAL | | BICINDOOR VIRTUAL | | 19:30 - 20:15 BICINDOOR VIRTUAL | BICINDOOR VIRTUAL | BICINDOOR VIRTUAL |
| 20:30 - 21:15 | | BICINDOOR VIRTUAL | | | | | |
| SALA BOXEO | | | | | | | |
| 08:00 - 08:45 | Adrián Román CROSSFIT | | | | Manu Ignoto CROSSFIT | | |
| 13:30 - 14:30 | | Rubén Valcárcel BOXEO | | Rubén Valcárcel BOXEO | | | |
| 14:00 - 15:00 | | | | | | | |
| 19:00 - 19:45 | Rubén Valcárcel BOXEO | | | | | | |
| 20:00 - 20:45 | | | | Zigor CROSSFIT | | | |
| SALA PILATES | | | | | | | |
| 08:10 - 09:00 | | | Adriana Sintes PILATES | | | | |
| 11:00 - 11:40 | | Zigor PILATES | | Zigor PILATES | | | |
| 14:10 - 15:00 | Toni Díaz 14:10 - 15:00 YOGA | Adriana Sintes PILATES | Adriana Sintes PILATES | Toni Díaz 14:10 - 15:00 YOGA | | | |
| 18:30 - 19:20 | | | | Adriana Sintes PILATES | | | |
| 20:00 - 20:50 | Adriana Sintes PILATES | | | | | | |