| | | l | m | x | j | v | s | d |
|---|---|---|---|---|---|---|---|---|
| 07:00 - 07:30 | | CORE FIT | | CORE FIT | | | | |
| 07:30 - 08:00 | | | | | | CORE FIT | | |
| 07:30 - 08:20 | | | | | B.PUMP ST1 | | | |
| 08:00 - 08:30 | | | | | | GLUTEUP 30 FIT | | |
| 08:30 - 09:20 | | B.PUMP ST1 | B.PUMP ST1 | | | | | |
| 09:30 - 10:20 | | | | B.PUMP ST1 | | B.PUMP ST1 | | |
| 10:00 - 10:50 | | | | | | | B.PUMP ST1 | |
| 12:30 - 13:20 | | | B.PUMP ST1 | | | | | |
| 14:30 - 15:00 | | | GAP 30 FIT | | GAP 30 FIT | | | |
| 17:00 - 17:50 | | B.PUMP ST1 | | | | | | |
| 18:00 - 18:50 | | GAP ST1 | | B.PUMP ST1 | | B.PUMP ST1 | | |
| 18:30 - 19:00 | | | GLUTEUP 30 FIT | | GLUTEUP 30 FIT | | | |
| 19:00 - 19:50 | | | B.PUMP ST1 | | | | | |
| 19:30 - 20:00 | | CORE FIT | | CORE FIT | | | | |
| 21:00 - 21:50 | | B.PUMP ST1 | | B.PUMP ST1 | B.PUMP ST1 | | | |