

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Viernes           |
|--------|-------|-----------|-------------------|
| 09:00  | 09:45 | 2 CYCLING | Cycling Virtual   |
| 10:30  | 10:45 | FITNESS   | Abdominales       |
| 11:00  | 11:55 | 1         | Fitness Condition |
| 12:00  | 12:55 | BODYMIND  | Pilates Stretch   |
| 13:00  | 13:15 | FITNESS   | Abdominales       |
| 14:15  | 15:00 | 2 CYCLING | Cycling Virtual   |
| 15:15  | 16:00 | 2 CYCLING | Cycling Virtual   |
| 16:15  | 17:00 | 2 CYCLING | Cycling Virtual   |
| 17:15  | 18:00 | 2 CYCLING | Cycling Virtual   |
| 18:15  | 19:00 | 2 CYCLING | Cycling Virtual   |
| 18:30  | 19:00 | CROSS-MET | CROSS-MET 30      |
| 19:15  | 20:00 | 2 CYCLING | Cycling Virtual   |
| 19:30  | 19:45 | FITNESS   | KettleMET         |

■ Acuáticas 
 ■ Alto gasto calórico 
 ■ Body-Mind 
 ■ Cardiovascular 
 ■ Coreografiadas 
 ■ Outdoor 
 ■ Tonificación Muscular

Puede consultar los horarios en la web o en la app de Metropolitan. <https://clubmetropolitan.com>