

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado | Domingo |
|--------|-------|---------------|-----------------|----------------------|-----------------------|-----------------------|----------------------|------------------|-----------------|
| 07:15 | 08:00 | 1 | | BODY PUMP_ | | BODY PUMP_ | | | |
| 07:15 | 08:00 | CYCLING | | Cycling Virtual | Cycling | Cycling Virtual | Cycling | | |
| 08:00 | 08:15 | FITNESS | | Abdominales | Abdominales | Abdominales | Abdominales | | |
| 08:00 | 08:55 | 2 | | GAP | Tonificación | FITNESS CONDITION_ | Tonificación | | |
| 08:15 | 08:30 | FITNESS | | | MIO-STRETCH | | MIO-STRETCH | | |
| 08:15 | 09:00 | CROSS-HIIT | | | | HBX BOXING | | | |
| 08:15 | 09:00 | CYCLING | | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | | |
| 08:15 | 09:10 | 1 | | Pilates Stretch | Fitness Condition | Pilates Stretch | Fitness Condition | | |
| 09:00 | 09:15 | FITNESS | | Abdominales | | Abdominales | | | |
| 09:00 | 09:50 | 2 | | | | | STRETCHING_ | | |
| 09:00 | 09:55 | 2 | | Tonificación | FITNESS CONDITION_ | Tonificación | | | |
| 09:05 | 09:50 | CYCLING | | | | | | | Cycling Virtual |
| 09:15 | 10:00 | CROSS-MET | | CROSS-MET 45 | | CROSS-MET 45 | | | |
| 09:15 | 10:00 | PISCINA | | | Aqua-Gym | | Aqua-Gym | | |
| 09:15 | 10:00 | CYCLING | Cycling Virtual | Cycling Virtual | Cycling | Cycling Virtual | Cycling | Cycling Virtual | |
| 09:15 | 10:10 | 1 | | Fitness Condition | GAP_ | Fitness Condition | GAP_ | | |
| 09:15 | 10:10 | 2 | | | | | | YOGA_ | |
| 09:30 | 10:00 | CROSS-MET | | | CROSS-MET 30 | | CROSS-MET 30 | | |
| 10:00 | 10:15 | FITNESS | | Abdominales | Abdominales | Abdominales | Abdominales | | |
| 10:00 | 10:45 | CYCLING | Cycling | | | | | | Cycling |
| 10:00 | 10:55 | 1 | | | | | | BODY PUMP_ | |
| 10:00 | 10:55 | 2 | | Tonificación | Tonificación | Tonificación | Tonificación | | Tonificación |
| 10:15 | 10:30 | FITNESS | | | MIO-STRETCH | | MIO-STRETCH | | |
| 10:15 | 11:00 | CROSS-HIIT | | HBX BOXING | CROSS-HIIT LOWER BODY | | CROSS-HIIT FULL BODY | | |
| 10:15 | 11:00 | CYCLING | | Cycling | Cycling Virtual | Cycling | Cycling Virtual | | |
| 10:15 | 11:10 | 1 | | Aerostyle | | Aerostyle | Fitness Condition | | |
| 10:15 | 11:10 | IRADIER | | STRETCHING_ | Espalda Sana | STRETCHING_ | Espalda Sana | | |
| 11:00 | 11:15 | FITNESS | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales |
| 11:00 | 11:55 | 2 | | Tonificación | YOGA_ | Tonificación | YOGA_ | Tonificación | |
| 11:15 | 11:30 | FITNESS | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH |
| 11:15 | 12:00 | PISCINA | | | Aqua-Gym | | Aqua-Gym | | |
| 11:15 | 12:00 | CYCLING | Cycling | | | | | Cycling | Cycling |
| 11:15 | 12:10 | 1 | Zumba | TOTAL BARRA_ | Fitness Condition | TOTAL BARRA_ | TONIFICACIÓN_ | | Zumba |
| 11:15 | 12:10 | IRADIER | | PILATES-STRETCH_ | PILATES-STRETCH_ | PILATES-STRETCH_ | | | |
| 12:00 | 12:15 | FITNESS | Abdominales | | | | | Abdominales | Abdominales |
| 12:00 | 12:55 | 1 | | | | | | Zumba | |
| 12:00 | 12:55 | 2 | | ZUMBA_ | | ZUMBA_ | DANZA CONTEMPORÁNEO_ | | |
| 12:15 | 12:30 | FITNESS | MIO-STRETCH | | | | | MIO-STRETCH | MIO-STRETCH |
| 12:15 | 12:45 | 2 | | | HIPOPRESIVOS | | | | |
| 12:15 | 13:00 | PISCINA | Aqua-Gym | Aqua-Gym | | Aqua-Gym | | Aqua-Gym | Aqua-Gym |
| 12:15 | 13:05 | 2 | Body Pump | | | | | | Body Pump |
| 12:15 | 13:10 | 1 | | SEVILLANAS_ | ESPALDA SANA_ | STRETCHING | ESPALDA SANA_ | | |
| 12:15 | 13:10 | IRADIER | | Espalda Sana | | Espalda Sana | | | |
| 13:00 | 13:55 | 2 | | GAP | Tonificación | GAP | | | |
| 13:15 | 14:00 | CROSS-HIIT | | | HBX BOXING | | | | |
| 13:15 | 14:00 | CYCLING | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual |
| 13:15 | 14:10 | 1 | PILATES/YOGA | SEVILLANAS_ | Zumba | | TONIFICACIÓN_ | | PILATES/YOGA |
| 13:15 | 14:10 | 2 | | | | | | PILATES-STRETCH_ | |
| 13:15 | 14:10 | IRADIER | | | | Sevillanas | | | |
| 13:30 | 13:45 | FITNESS | | Abdominales | | Abdominales | | | |
| 13:45 | 14:00 | FITNESS | | MIO-STRETCH | | MIO-STRETCH | | | |
| 14:00 | 14:30 | CROSS-MET | CROSS-MET 30 | | | | | CROSS-MET 30 | CROSS-MET 30 |
| 14:00 | 14:55 | 2 | | YOGA_ | GAP | YOGA_ | Body Pump | | |
| 14:15 | 15:00 | CROSS-MET | CROSS-MET 45 | | | CROSS-MET 45 | | | |
| 14:15 | 15:00 | CYCLING | Cycling | Cycling | Cycling | Cycling | Cycling | | |
| 14:15 | 15:10 | 1 | | TONIFICACIÓN_ | Suspension Training | GAP_ | Zumba | | |
| 14:15 | 15:10 | IRADIER | | Flamenco | STRETCHING_ | Flamenco | | | |
| 14:30 | 15:00 | CROSS-MET | | | CROSS-MET 30 | | CROSS-MET 30 | | |
| 15:00 | 15:15 | FITNESS | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales |
| 15:00 | 15:55 | 2 | | | Tonificación | | | | |
| 15:15 | 15:30 | FITNESS | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH |
| 15:15 | 16:10 | 1 | | GAP_ | | STRETCHING | | | |
| 17:00 | 17:55 | 2 | | YOGA_ | | YOGA_ | YOGA_ | | |
| 17:15 | 18:10 | 1 | | GAP_ | TONIFICACIÓN_ | GAP_ | TONIFICACIÓN_ | | |
| 17:15 | 18:10 | IRADIER | | | PILATES-STRETCH_ | | | | |
| 17:30 | 18:00 | CROSS-MET | CROSS-MET 30 | CROSS-MET 30 | CROSS-MET 30 | CROSS-MET 30 | CROSS-MET 30 | CROSS-MET 30 | CROSS-MET 30 |
| 18:00 | 18:45 | PISTA PADEL 2 | | | | PADEL CONDITION | | | |
| 18:00 | 18:45 | CYCLING | Cycling | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling |
| 18:00 | 18:55 | 2 | | DANZA CONTEMPORÁNEO_ | ZUMBA_ | Body Combat | | | |
| 18:15 | 19:10 | 1 | | TOTAL BARRA_ | TONIFICACIÓN_ | Pilates Stretch | DANZA-JAZZ | | |
| 18:15 | 19:10 | IRADIER | | PILATES-STRETCH_ | Espalda Sana | TOTAL BARRA_ | | | |
| 18:30 | 19:15 | PISCINA | | Aqua-Gym | | Aqua-Gym | | | |
| 18:45 | 19:00 | FITNESS | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales | Abdominales |
| 19:00 | 19:15 | FITNESS | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH |
| 19:00 | 19:45 | CROSS-HIIT | | | CROSS-HIIT UPPER BODY | | | | |
| 19:00 | 19:45 | CROSS-MET | | CROSS-MET 45 | | CROSS-MET 45 | | | |
| 19:00 | 19:45 | CYCLING | Cycling Virtual | Cycling | Cycling | Cycling | Cycling | Cycling Virtual | Cycling Virtual |
| 19:00 | 19:55 | 2 | | GAP | Tonificación | Body Pump | | | |
| 19:15 | 20:10 | 1 | | Zumba | DANZA-JAZZ | Zumba | | | |
| 19:15 | 20:10 | IRADIER | | Sevillanas | | | | | |
| 19:15 | 20:15 | 1 | | | | | STRETCHING | | |
| 19:45 | 20:00 | FITNESS | | Abdominales | Abdominales | Abdominales | Abdominales | | |
| 20:00 | 20:45 | CROSS-MET | | | CROSS-MET 45 | | | | |
| 20:00 | 20:45 | PISTA PADEL 1 | | PADEL CONDITION | | | | | |
| 20:00 | 20:45 | CYCLING | | Cycling | Cycling | Cycling | | | |
| 20:00 | 20:55 | CLUB | | | | RUNNING CLUB- SKY RUN | | | |
| 20:00 | 20:55 | OUTDOOR | | Running Club | | | | | |
| 20:00 | 20:55 | 2 | | Body Pump | | | | | |
| 20:00 | 21:00 | 2 | | | YOGA- | | | | |
| 20:15 | 21:00 | CROSS-HIIT | | HBX BOXING | | HBX BOXING | | | |
| 20:15 | 21:10 | 1 | | Pilates Stretch | Zumba | GAP_ | | | |
| 20:15 | 21:10 | IRADIER | | | | Sevillanas | | | |
| 20:45 | 21:00 | FITNESS | | Abdominales | Abdominales | Abdominales | Abdominales | | |
| 21:00 | 21:15 | FITNESS | | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | MIO-STRETCH | | |

■ 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>