

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala | Sábado |
|--------|-------|----------------------|---------------------------------|
| 09:15 | 10:00 | CYCLING | Cycling Virtual |
| 09:30 | 11:00 | METROPOLITAN IRADIER | MASTERCLASS DIA MUNDIAL DE YOGA |
| 10:00 | 10:55 | 1 | BODY PUMP_ |
| 11:00 | 11:15 | FITNESS | Abdominales |
| 11:00 | 11:50 | 2 | Tonificación |
| 11:15 | 11:30 | FITNESS | HYPER STRETCH |
| 11:15 | 12:00 | CYCLING | Cycling |
| 12:00 | 12:15 | FITNESS | Abdominales |
| 12:00 | 12:50 | 1 | Zumba |
| 12:15 | 12:30 | FITNESS | HYPER STRETCH |
| 12:15 | 13:00 | PISCINA | Aqua-Gym |
| 13:15 | 14:00 | CYCLING | Cycling Virtual |
| 13:15 | 14:05 | 2 | PILATES-STRETCH_ |
| 14:00 | 14:30 | CROSS-MET | CROSS-MET 30 |
| 15:00 | 15:15 | FITNESS | Abdominales |
| 15:15 | 15:30 | FITNESS | HYPER STRETCH |
| 17:30 | 18:00 | CROSS-MET | CROSS-MET 30 |
| 18:00 | 18:45 | CYCLING | Cycling Virtual |
| 18:45 | 19:00 | FITNESS | Abdominales |
| 19:00 | 19:15 | FITNESS | HYPER STRETCH |
| 19:00 | 19:45 | CYCLING | Cycling Virtual |

■ 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>