

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala | Sábado |
|--------|-------|-----------|---------------------|
| 09:15 | 10:35 | 1 | Yoga |
| 10:00 | 10:45 | 2 CYCLING | Cycling Virtual |
| 10:15 | 10:30 | CROSS-MET | Abdominales |
| 10:45 | 11:35 | 1 | Tonificación |
| 11:45 | 12:35 | 1 | Aero Latino |
| 12:00 | 12:45 | 2 CYCLING | Cycling |
| 12:30 | 13:00 | 3 | Suspension Training |
| 12:45 | 13:15 | PISCINA | AQUAGYM |
| 13:00 | 13:15 | CROSS-MET | Abdominales |
| 13:30 | 14:15 | 2 CYCLING | Cycling Virtual |
| 17:00 | 17:45 | 2 CYCLING | Cycling Virtual |
| 17:00 | 17:50 | 1 | GAP |
| 17:45 | 18:00 | CROSS-MET | Abdominales |
| 18:00 | 18:30 | PISCINA | Aquaboard |
| 18:00 | 18:50 | 1 | Zumba |
| 19:00 | 19:30 | CROSS-MET | CROSS-MET 30' |
| 19:15 | 19:45 | PISCINA | AQUAGYM |

■ 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>