

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Sábado            |
|--------|-------|-----------|-------------------|
| 08:00  | 08:45 | 2 CYCLING | Cycling Virtual   |
| 09:00  | 09:45 | 2 CYCLING | Cycling Virtual   |
| 09:00  | 10:30 | 1         | Yoga              |
| 10:00  | 10:45 | 2 CYCLING | Cycling Virtual   |
| 10:00  | 10:45 | TERRAZA   | CROSS-MET         |
| 11:00  | 11:45 | 2 CYCLING | Cycling           |
| 12:00  | 12:15 | FITNESS   | STRETCHING        |
| 12:00  | 12:55 | 1         | GAP               |
| 13:00  | 13:15 | FITNESS   | Abdominales       |
| 13:00  | 13:30 | PISCINA_  | Up-Aqua           |
| 13:00  | 13:55 | 1         | Zumba             |
| 14:00  | 14:55 | 1         | Body Pump         |
| 15:45  | 16:30 | 2 CYCLING | Cycling Virtual   |
| 16:45  | 17:30 | 2 CYCLING | Cycling Virtual   |
| 17:45  | 18:30 | 2 CYCLING | Cycling Virtual   |
| 18:00  | 18:55 | 1         | Fitness Condition |
| 18:15  | 18:45 | PISCINA_  | Up-Aqua           |
| 19:00  | 19:15 | FITNESS   | Abdominales       |
| 19:15  | 20:00 | 2 CYCLING | Cycling           |
| 20:00  | 20:15 | FITNESS   | Abdominales       |

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

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