

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado | Domingo |
|--------|-------|--------------|----------------------|----------------------|----------------------|---------------------|-------------------|-----------------|-------------------|
| 07:00 | 07:30 | CROSS-MET | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | | | |
| 07:30 | 08:15 | 1 | | Tonificación | | BODY-PUMP | | | |
| 07:30 | 08:15 | CYCLING | Cycling | | Cycling | | | | |
| 08:15 | 08:30 | CROSS-MET | Abdominales | | Abdominales | | | | |
| 08:15 | 09:00 | CYCLING | | Cycling | | Cycling | | | |
| 08:15 | 09:10 | CROSS-MET | | | | Suspension Training | | | |
| 08:15 | 09:10 | 1 | TOTAL BARRA | | | | | | |
| 08:15 | 09:10 | 3 | | | Power Yoga | | | | |
| 08:30 | 08:45 | CROSS-MET | | | STRETCHING | | | | |
| 09:00 | 09:15 | CROSS-MET | | Abdominales | | | | | |
| 09:00 | 09:55 | 3 | | | | | | Espalda Sana | Pilates Stretch |
| 09:10 | 09:40 | ZONA FITNESS | HYPER STRETCH | | | | | | |
| 09:15 | 09:30 | CROSS-MET | | STRETCHING | | STRETCHING | | | |
| 09:30 | 10:00 | CROSS-MET | | | | | | CROSS- MET 30' | CROSS- MET 30' |
| 09:30 | 10:25 | 3 | | Pilates Stretch | | Yoga Flow | | | |
| 10:00 | 10:30 | CROSS-MET | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | | | |
| 10:00 | 10:45 | PISCINA | | Aqua-Gym | | Aqua-Gym | | | |
| 10:00 | 10:45 | CYCLING | | | | | Cycling | Cycling | Cycling |
| 10:30 | 11:15 | CYCLING | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | | | |
| 10:30 | 11:25 | 1 | | Fitness Condition | | Tonificación | | | |
| 10:30 | 11:25 | 3 | Yoga | | Pilates Stretch | | | | |
| 10:45 | 11:00 | CROSS-MET | | | | | | Abdominales | Abdominales |
| 11:00 | 11:15 | CROSS-MET | | | | | STRETCHING | STRETCHING | STRETCHING |
| 11:00 | 11:45 | 1 | | | | | Fitness Condition | BODY-PUMP | Fitness Condition |
| 11:30 | 12:25 | 1 | | TOTAL BARRA | | | | | |
| 11:30 | 12:25 | 3 | Espalda Sana | | Espalda Sana | | | | |
| 11:45 | 12:00 | CROSS-MET | | | | | | Abdominales | Abdominales |
| 12:00 | 12:15 | CROSS-MET | | | | | STRETCHING | STRETCHING | STRETCHING |
| 12:00 | 12:30 | CROSS-MET | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | | | |
| 12:00 | 12:45 | CYCLING | | | | | Cycling | | Cycling |
| 12:30 | 13:15 | CROSS-MET | Suspension Training | | | | | | |
| 12:30 | 13:25 | 1 | | | Tonificación | | | | |
| 13:00 | 13:15 | BIOCIRCUIT | BIOCIRCUIT EXPRESS | BIOCIRCUIT EXPRESS | BIOCIRCUIT EXPRESS | BIOCIRCUIT EXPRESS | | | |
| 13:30 | 13:45 | CROSS-MET | | GAP EXPRESS | | GAP EXPRESS | | | |
| 13:30 | 14:15 | CROSS-MET | | | CROSS-HIIT LOWERBODY | | | | |
| 13:30 | 14:15 | 1 | | BODY-PUMP | | | | | |
| 13:30 | 14:15 | CYCLING | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | | | |
| 14:30 | 15:15 | CROSS-MET | | | Suspension Training | CROSS-MET | | | |
| 14:30 | 15:15 | CROSS-HIIT | CROSS-HIIT UPPERBODY | | | | | | |
| 14:30 | 15:15 | CYCLING | | Cycling | | | | | |
| 15:15 | 15:30 | CROSS-MET | Abdominales | Abdominales | Abdominales | | | | |
| 15:30 | 16:00 | ZONA FITNESS | HYPER STRETCH | HYPER STRETCH | HYPER STRETCH | HYPER STRETCH | | | |
| 16:00 | 16:15 | BIOCIRCUIT | BIOCIRCUIT EXPRESS | BIOCIRCUIT EXPRESS | BIOCIRCUIT EXPRESS | BIOCIRCUIT EXPRESS | | | |
| 16:00 | 16:45 | CYCLING | Cycling Virtual | Cycling Virtual | Cycling Virtual | Cycling Virtual | | | |
| 17:00 | 17:30 | CROSS-MET | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | | | |
| 17:45 | 18:30 | CYCLING | Cycling | | Cycling | | | | |
| 18:00 | 18:30 | CROSS-MET | | | | | | CROSS- MET 30' | CROSS- MET 30' |
| 18:00 | 18:45 | CROSS-MET | CROSS-MET | CROSS-HIIT LOWERBODY | CROSS-MET | CROSS-MET | | | |
| 18:00 | 18:55 | 1 | BODY-PUMP | TOTAL BARRA | BODY-PUMP | TOTAL BARRA | | | |
| 18:15 | 19:10 | 3 | Pilates Strong | Power Yoga | Pilates Strong | Yoga | | | |
| 18:30 | 19:15 | 1 | | | | | BODY-PUMP | | |
| 18:30 | 19:25 | 1 | | | | | | | BODY-PUMP |
| 18:45 | 19:00 | CROSS-MET | Abdominales | Abdominales | Abdominales | Abdominales | | | |
| 18:45 | 19:30 | OUTDOOR | Running Club | | | | | | |
| 18:45 | 19:30 | CYCLING | Cycling | Cycling | Cycling | Cycling | | | |
| 19:00 | 19:30 | CROSS-MET | CROSS- MET 30' | CROSS- MET 30' | CROSS- MET 30' | | | | |
| 19:00 | 19:55 | 1 | Fitness Condition | BODY-PUMP | Body Combat | GAP | | | |
| 19:15 | 19:30 | CROSS-MET | | | | | | Abdominales | Abdominales |
| 19:15 | 20:10 | 3 | Yoga Flow | Espalda Sana | | Pilates Stretch | | | |
| 19:30 | 19:45 | CROSS-MET | | | | | STRETCHING | STRETCHING | STRETCHING |
| 19:30 | 20:15 | CYCLING | | | | | Cycling | Cycling Virtual | Cycling |
| 20:00 | 20:55 | 1 | Body Combat | Zumba | GAP | | | | |
| 20:15 | 20:30 | CROSS-MET | | | | | | Abdominales | Abdominales |
| 20:15 | 21:10 | 3 | | Pilates Strong | | | | | |
| 20:30 | 20:45 | CROSS-MET | Abdominales | Abdominales | Abdominales | Abdominales | STRETCHING | STRETCHING | STRETCHING |
| 20:45 | 21:00 | CROSS-MET | STRETCHING | STRETCHING | | STRETCHING | | | |
| 20:45 | 21:15 | ZONA FITNESS | | | HYPER STRETCH | | | | |
| 21:00 | 21:45 | CYCLING | Cycling Virtual | Cycling Virtual | Cycling Virtual | 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>