

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala | Martes |
|--------|-------|-----------|---------------------|
| 07:45 | 08:30 | 2 CYCLING | Cycling Virtual |
| 08:15 | 08:30 | 3-ARRIBA | Abdominales |
| 09:00 | 09:45 | 2 CYCLING | Cycling |
| 09:00 | 09:50 | 1 | Zumba |
| 09:30 | 09:45 | CROSSMET | Abdominales |
| 09:30 | 10:00 | PISCINA | Swimming Club |
| 10:00 | 10:30 | 3-ARRIBA | Espalda Sana |
| 10:00 | 10:50 | 1 | Body Pump |
| 10:30 | 11:15 | PISCINA | Aqua-Gym |
| 11:00 | 11:45 | 2 CYCLING | CYCLING VIRTUAL ENG |
| 11:00 | 11:50 | 1 | Tai Chi |
| 11:30 | 12:15 | PISCINA | Aqua-Gym |
| 12:30 | 13:00 | PISCINA | AQUAGYM |
| 13:15 | 14:00 | 2 CYCLING | Cycling Virtual |
| 14:30 | 15:15 | 2 CYCLING | Cycling Virtual |
| 14:30 | 15:20 | 1 | Yoga |
| 14:30 | 15:20 | 3-ARRIBA | CROSS-MET |
| 16:15 | 17:00 | 2 CYCLING | Cycling Virtual |
| 17:00 | 17:50 | 1 | Pilates Stretch |
| 18:00 | 18:45 | PISCINA | Aqua-Gym |
| 18:00 | 18:45 | 2 CYCLING | Cycling Virtual |
| 18:00 | 18:50 | 1 | HIPOPRESIVOS |
| 18:00 | 18:50 | 3-ARRIBA | Zumba |
| 19:00 | 19:50 | 1 | Body Pump |
| 19:00 | 19:50 | 3-ARRIBA | Fitness Condition |
| 19:15 | 19:35 | CROSSMET | Suspension Training |
| 19:15 | 19:45 | PISCINA | Swimming Club |
| 19:15 | 20:00 | 2 CYCLING | Cycling |
| 20:00 | 20:45 | PISCINA | Swimming Club |
| 20:00 | 20:50 | 1 | Yoga |
| 20:00 | 20:50 | 3-ARRIBA | Body Combat |
| 20:15 | 21:00 | 2 CYCLING | Cycling |
| 21:15 | 22:00 | 2 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>