

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes
07:15	08:00	2 CYCLING	Cycling Virtual
07:30	08:00	CROSSMET	CROSS-MET
08:00	08:45	2 CYCLING	Cycling Virtual
08:30	08:45	CROSSMET	Abdominales
08:30	09:15	PISCINA	Swimming Club
09:00	09:45	2 CYCLING	Cycling Virtual
09:00	09:50	1	Fitness Condition
09:30	09:45	CROSSMET	GAP EXPRESS
09:30	10:15	PISCINA	Aqua-Gym
10:00	10:15	3- ARRIBA	MIOSTRETCH
10:00	10:50	1	Body-Balance
10:30	10:50	CROSSMET	Suspension Training
10:30	11:15	PISCINA	Aqua-Gym
10:30	11:15	2 CYCLING	Cycling
11:00	11:50	1	Yoga
12:00	12:45	2 CYCLING	Cycling Virtual
12:15	12:45	PISCINA	AQUAGYM
12:15	12:55	CROSSMET	HIPOPRESIVOS
14:00	14:30	CROSSMET	CROSS-MET
14:30	14:45	CROSSMET	Abdominales
14:30	15:00	PISCINA	Swimming Club
14:30	15:15	2 CYCLING	Cycling
14:30	15:20	1	Body Pump
15:30	16:15	2 CYCLING	Cycling Virtual
15:30	16:20	1	Pilates Stretch
17:00	17:50	1	Yoga
17:30	18:15	2 CYCLING	Cycling Virtual
18:00	18:50	1	Body Pump
18:15	19:00	PISCINA	Aqua-Gym
18:30	19:15	2 CYCLING	Cycling
18:40	18:55	CROSSMET	Abdominales
19:00	19:50	1	Pilates Stretch
19:15	20:05	CROSS-MET EXT	CROSS-MET EXT
19:30	20:15	2 CYCLING	Cycling
20:00	20:15	3- ARRIBA	MIOSTRETCH
20:05	20:55	1	Zumba
20:15	21:00	PISCINA	Aqua-Gym
20:30	21:15	2 CYCLING	Cycling
21:00	21:45	PISCINA	Swimming Club
21:00	21:50	1	CROSS-MET

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>