

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Martes             |
|--------|-------|-----------|--------------------|
| 07:15  | 07:45 | HIIT      | Cross-Hiit 30'     |
| 07:30  | 08:15 | 2 CYCLING | Cycling            |
| 07:45  | 08:15 | CROSS-MET | Cross-MET          |
| 08:00  | 08:55 | 1         | Fitness Condition  |
| 08:15  | 08:45 | HIIT      | Cross-Hiit 30'     |
| 09:00  | 09:45 | HIIT      | HBX BOXING         |
| 09:00  | 09:55 | 1         | Pilates Stretch    |
| 10:00  | 10:55 | 1         | Fitness Condition  |
| 10:15  | 11:00 | 2 CYCLING | Cycling Virtual    |
| 11:00  | 11:55 | 1         | Pilates Stretch    |
| 11:15  | 12:00 | 2 CYCLING | Cycling Virtual    |
| 12:00  | 12:55 | 1         | Espalda Sana       |
| 13:45  | 14:30 | HIIT      | Cross-Hiit 30'     |
| 13:45  | 15:15 | 2 CYCLING | MASTERCLASS MET&CO |
| 14:00  | 14:30 | CROSS-MET | Cross-MET          |
| 14:15  | 14:30 | 1         | Abdominales        |
| 14:30  | 15:00 | CROSS-MET | Cross-MET          |
| 14:30  | 15:15 | HIIT      | Cross-Hiit 30'     |
| 14:30  | 15:25 | 1         | GLOBAL TRAINING    |
| 14:30  | 15:30 | EXTERIOR  | Running Club       |
| 15:30  | 16:25 | 1         | Body Pump          |
| 17:30  | 18:15 | 2 CYCLING | Cycling Virtual    |
| 18:00  | 18:55 | 1         | Yoga               |
| 19:00  | 19:15 | HIIT      | Abdominales        |
| 19:00  | 19:30 | CROSS-MET | Cross-MET          |
| 19:00  | 19:55 | 1         | Fitness Condition  |
| 19:15  | 20:00 | HIIT      | Cross-Hiit 30'     |
| 19:30  | 20:15 | 2 CYCLING | Cycling            |
| 19:30  | 20:30 | EXTERIOR  | Running Club       |
| 20:00  | 20:55 | 1         | Aero Latino        |
| 20:30  | 21:15 | 2 CYCLING | Cycling            |
| 21:00  | 21:55 | 1         | Yoga               |

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://clubmetropolitán.com>