

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:10	07:55	1	Fitness Condition	GAP	GLOBAL TRAINING	Fitness Condition			
07:30	08:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
08:00	08:45	CROSS-MET				HBX BOXING			
08:00	08:50	1		GLOBAL TRAINING	Fitness Condition				
08:00	08:55	1	Pilates Stretch			Body Pump	Pilates Stretch		
08:15	09:00	CROSS-MET	CROSS-HIIT FULL BODY						
09:00	09:45	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET			
09:00	09:50	1	GLOBAL TRAINING		TOTAL BARRA				
09:00	09:55	1		Pilates Stretch		Pilates Stretch	GLOBAL TRAINING		
09:30	11:00	1						MÁSTER DÍA MUNDIAL DE YOGA	
10:00	10:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling	Cycling
10:00	10:50	1		GLOBAL TRAINING					
10:00	10:55	1	GAP		Yoga	Fitness Condition	Yoga		
11:00	11:45	2 CYCLING	Cycling	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling
11:00	11:55	1	Aero Latino	TOTAL BARRA	Body Pump	Pilates Stretch	Aero Latino		Zumba
12:00	12:45	1					STRETCHING		
12:00	12:55	1	Pilates Stretch	Pilates Stretch	Pilates Stretch	Espalda Sana		GLOBAL TRAINING	Body Pump
13:00	13:45	1	STRETCHING						
13:00	13:55	1					Pilates Stretch	Body Pump	GLOBAL TRAINING
13:45	14:30	1	CROSS-HIIT FULL BODY						
13:45	14:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling			
13:45	14:30	HIIT		CROSS-HIIT LOWER BODY	CROSS-HIIT UPPER BODY	HBX BOXING			
13:55	14:10	1		MIO-STRETCH		MIO-STRETCH			
14:00	14:30	CROSS-MET	CROSS-MET	CROSS-MET		CROSS-MET			
14:10	14:25	1		Abdominales	Abdominales	Abdominales			
14:10	14:25	HIIT	Abdominales						
14:30	15:00	CROSS-MET			GAP 30				
14:30	15:15	CROSS-MET	CROSS-MET	CROSS-MET		CROSS-MET			
14:30	15:25	1	GLOBAL TRAINING	GLOBAL TRAINING	GLOBAL TRAINING	GAP	GLOBAL TRAINING		
14:30	15:30	EXTERIOR		Running Club		Running Club			
14:35	15:20	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual
15:30	16:20	1			Pilates Stretch	GLOBAL TRAINING			
15:30	16:25	1	Pilates Stretch				Yoga		
17:00	17:50	1	TOTAL BARRA	Fitness Condition	Zumba	TOTAL BARRA			
18:00	18:55	1	Pilates Stretch	Yoga	Pilates Stretch	Yoga			
18:30	19:15	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET			
18:30	19:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling Virtual		Cycling	Cycling
19:00	19:45	2 CYCLING					Cycling		
19:00	19:55	1	GLOBAL TRAINING	TOTAL BARRA	Body Pump	Aero Latino	Fitness Condition		
19:15	19:30	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales			
19:30	20:15	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET			
19:30	20:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling		Cycling Virtual	Cycling Virtual
19:30	20:20	1						GAP	
19:30	20:25	1							Fitness Condition
19:30	20:30	EXTERIOR		Running Club					
20:00	20:50	1				TOTAL BARRA			
20:00	20:55	1	Body Pump	Aero Latino	GAP		Aero Latino		
20:30	21:15	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET			
20:30	21:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual		
21:00	21:55	1	Pilates Stretch	Yoga		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>