

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				
07:30	08:15	2 CYCLING	Cycling	Cycling	Cycling		Cycling		
08:00	08:45	HIIT	CROSS-HIIT FULL BODY						
08:00	08:50	1		GLOBAL TRAINING	Fitness Condition				
08:00	08:55	1	Pilates Stretch				Pilates Stretch		
08:15	09:00	HIIT					CROSS-HIIT FULL BODY		
09:00	09:45	HIIT	HBX BOXING	HBX BOXING	CROSS-HIIT FULL BODY				
09:00	09:50	1	GLOBAL TRAINING		TOTAL BARRA				
09:00	09:55	1		Pilates Stretch			GLOBAL TRAINING		
09:15	09:55	1						Pilates Stretch	
10:00	10:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling	Cycling	Cycling Virtual	Cycling	Cycling
10:00	10:50	1	GAP	GLOBAL TRAINING					
10:00	10:55	1			Yoga		Yoga	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		Aero Latino	Yoga	Zumba
12:00	12:45	1					STRETCHING		
12:00	12:55	1	Pilates Stretch	Pilates Stretch	Pilates Stretch	Body Pump		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	2 CYCLING	Cycling	Cycling	Cycling				
13:45	14:30	HIIT	CROSS-HIIT FULL BODY	CROSS-HIIT LOWER BODY	CROSS-HIIT UPPER BODY				
13:55	14:10	1		MIO-STRETCH					
14:00	14:30	CROSS-MET	CROSS-MET	CROSS-MET					
14:10	14:25	1	Abdominales	Abdominales	Abdominales				
14:30	15:00	HIIT			GAP 30				
14:30	15:15	HIIT	CROSS-HIIT FULL BODY	HBX BOXING					
14:30	15:25	1	GLOBAL TRAINING	GLOBAL TRAINING	GLOBAL TRAINING		GLOBAL TRAINING		
14:30	15:30	EXTERIOR		Running Club					
14:35	15:20	2 CYCLING	Cycling	Cycling	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
15:30	16:20	1			Pilates Stretch				
15:30	16:25	1	Pilates Stretch				Yoga		
17:00	17:50	1	TOTAL BARRA	Fitness Condition	Zumba				
18:00	18:55	1	Pilates Stretch	Yoga	Pilates Stretch				
18:30	19:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling		Cycling	Cycling
18:30	19:15	HIIT	CROSS-HIIT LOWER BODY	CROSS-HIIT FULL BODY	CROSS-HIIT FULL BODY				
19:00	19:45	2 CYCLING					Cycling		
19:00	19:55	1	GLOBAL TRAINING	Fitness Condition	Body Pump		Fitness Condition		
19:15	19:30	HIIT	Abdominales	Abdominales	Abdominales				
19:30	20:15	2 CYCLING	Cycling	Cycling	Cycling			Cycling Virtual	Cycling Virtual
19:30	20:15	HIIT	HBX BOXING	CROSS-HIIT FULL BODY	HBX BOXING				
19:30	20:20	1						GAP	
19:30	20:25	1				Fitness Condition			Fitness Condition
19:30	20:30	EXTERIOR		Running Club					
20:00	20:55	1	Body Pump	Aero Latino	GAP		Aero Latino		
20:30	21:15	2 CYCLING	Cycling	Cycling	Cycling		Cycling Virtual		
20:30	21:15	HIIT	CROSS-HIIT FULL BODY	HBX BOXING					
21:00	21:55	1	Pilates Stretch	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://clubmetropolitan.com>