

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 | HIIT      | CROSS-HIIT FULL BODY  |                       |                       | 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 | HIIT      |                       |                       |                       |                       | CROSS-HIIT FULL BODY |                 |                   |
| 09:00  | 09:45 | HIIT      | HBX BOXING            | HBX BOXING            | CROSS-HIIT FULL BODY  | CROSS-HIIT FULL BODY  |                      |                 |                   |
| 09:00  | 09:50 | 1         | GLOBAL TRAINING       |                       |                       |                       |                      |                 |                   |
| 09:00  | 09:55 | 1         |                       | Pilates Stretch       | GLOBAL TRAINING       | Pilates Stretch       | GLOBAL TRAINING      |                 |                   |
| 09:15  | 09:55 | 1         |                       |                       |                       |                       |                      | Pilates Stretch |                   |
| 10:00  | 10:45 | 2 CYCLING | Cycling Virtual       | Cycling Virtual       | Cycling               | Cycling Virtual       | Cycling Virtual      | Cycling         | Cycling           |
| 10:00  | 10:50 | 1         | GAP                   | GLOBAL TRAINING       |                       |                       |                      |                 |                   |
| 10:00  | 10:55 | 1         |                       |                       | Yoga                  | Fitness Condition     | 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             | Pilates Stretch       | Aero Latino          | Yoga            | 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 | 2 CYCLING | Cycling               | Cycling               | Cycling               | Cycling               |                      |                 |                   |
| 13:45  | 14:30 | HIIT      | CROSS-HIIT FULL BODY  | 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           | 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       | 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 | 2 CYCLING | Cycling               | Cycling               | Cycling               | Cycling Virtual       |                      | Cycling         | Cycling           |
| 18:30  | 19:15 | HIIT      | CROSS-HIIT LOWER BODY | CROSS-HIIT FULL BODY  | CROSS-HIIT FULL BODY  | CROSS-HIIT UPPER BODY |                      |                 |                   |
| 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 | HIIT      | Abdominales           | Abdominales           | Abdominales           | Abdominales           |                      |                 |                   |
| 19:30  | 20:15 | 2 CYCLING | Cycling               | Cycling               | Cycling               | Cycling               |                      | Cycling Virtual | Cycling Virtual   |
| 19:30  | 20:15 | HIIT      | HBX BOXING            | CROSS-HIIT FULL BODY  | HBX BOXING            | CROSS-HIIT FULL BODY  |                      |                 |                   |
| 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 | 2 CYCLING | 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                  |                       | 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>