

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
06:45	07:30	2 CYCLING		Cycling Virtual		Cycling Virtual			
07:00	07:45	CROSS-MET OUTDOOR		CROSS-MET		CROSS-MET			
07:00	07:45	2 CYCLING	Cycling		Cycling		Cycling		
07:00	07:55	1	Fitness Condition	Body Pump	Fitness Condition	PILATES STRONG_	YOGA FLOW_		
07:15	07:45	PISCINA	Swimming Club	Up-Aqua	Swimming Club	Up-Aqua	Aqua-Circuit		
07:45	08:00	FITNESS	Abdominales		Abdominales		Abdominales		
08:15	08:45	FITNESS	Suspension Training	Suspension Training	Suspension Training	Suspension Training	Suspension Training		
08:15	09:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
08:30	09:00	PISCINA	Aqua-Circuit	Aqua-Circuit	Aqua-Circuit	Aqua-Circuit	Aqua-Circuit		
08:30	09:25	1	PILATES STRONG_						
08:45	09:40	3		Espalda Sana	TOTAL BARRA	Pilates Stretch	Espalda Sana		
09:00	09:55	1						YOGA FLOW_	
09:15	10:00	CROSS-MET OUTDOOR					CROSS-MET		
09:15	10:00	2 CYCLING	Cycling Virtual	Cycling		Cycling			
09:30	10:00	PISCINA		Aqua-Circuit	Up-Aqua	Aqua-Circuit	Up-Aqua		
09:30	10:15	2 CYCLING						Cycling	Cycling
09:30	10:25	1	Zumba	Fitness Condition	Body Pump	GAP	Zumba		
09:45	10:40	3	Pilates Stretch	POWER YOGA	PILATES STRONG	Espalda Sana	Pilates Stretch		
10:00	10:45	CROSS-MET OUTDOOR						CROSS-MET	CROSS-MET
10:00	10:45	PISCINA	Aqua-Gym		Aqua-Gym		Aqua-Gym		
10:00	10:55	3						POWER YOGA	
10:15	10:30	FITNESS						Abdominales	Abdominales
10:15	10:45	FITNESS	Suspension Training	Suspension Training	Suspension Training	Suspension Training	Suspension Training		
10:15	11:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
10:30	11:15	2 CYCLING						Cycling Virtual	Cycling Virtual
10:30	11:25	1	Body Pump	Zumba	Fitness Condition	Zumba	Body Pump	Body Pump	Fitness Condition
10:45	11:15	PISCINA						Up-Aqua	Up-Aqua
10:45	11:40	3	Espalda Sana	Pilates Stretch	Pilates Stretch	Yoga Flow	DANZA Y MOVIMIENTO		
11:00	11:45	PISCINA		Aqua-Gym		Aqua-Gym			
11:00	11:55	3						Pilates Stretch	
11:15	11:30	FITNESS	Abdominales	GAP EXPRESS	Abdominales	GAP EXPRESS	Abdominales		
11:30	11:45	FITNESS	Stretching 15'	Stretching 15'	Stretching 15'	Stretching 15'	Stretching 15'		
11:30	12:00	PISCINA					Aqua-Circuit		
11:30	12:15	2 CYCLING		Cycling Virtual	Cycling Virtual	Cycling Virtual			
11:30	12:25	1			ESPALDA SANA_				
11:45	12:30	2 CYCLING						Cycling Virtual	Cycling Virtual
12:15	12:30	FITNESS	GAP EXPRESS	Abdominales	GAP EXPRESS	Abdominales	GAP EXPRESS		
12:30	12:45	FITNESS	Stretching 15'	Stretching 15'	Stretching 15'	Stretching 15'	Stretching 15'		
12:30	13:00	PISCINA	Up-Aqua	Aqua-Circuit	Up-Aqua	Aqua-Circuit	Up-Aqua	Aqua-Circuit	Aqua-Circuit
13:00	13:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
13:15	13:45	FITNESS		Suspension Training		Suspension Training		Suspension Training	Suspension Training
13:30	14:15	2 CYCLING						Cycling Virtual	Cycling Virtual
14:00	14:45	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual		
14:15	14:30	FITNESS						Abdominales	Abdominales
14:15	14:45	PISCINA	Aqua-Circuit	Up-Aqua	Swimming Club	Up-Aqua	Aqua-Circuit		
14:15	15:00	CROSS-MET OUTDOOR	CROSS-MET				CROSS-MET		
14:15	15:10	1	Body Pump		Fitness Condition	Body Pump			
14:15	15:10	3		Yoga Flow		POWER YOGA			
14:45	15:00	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
15:00	15:15	FITNESS						GAP EXPRESS	GAP EXPRESS
15:00	15:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
15:15	15:30	FITNESS						Stretching 15'	Stretching 15'
15:15	16:10	1	Zumba	Body Pump	PILATES STRECTH	Fitness Condition	GAP		
15:30	16:00	PISCINA	Aqua-Circuit	Swimming Club	Aqua-Circuit	Swimming Club	Aqua-Circuit	Up-Aqua	Up-Aqua
16:15	16:30	FITNESS	Abdominales	GAP EXPRESS	Abdominales	GAP EXPRESS	Abdominales		
16:15	17:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
16:30	16:45	FITNESS	Stretching 15'	Stretching 15'	Stretching 15'	Stretching 15'	Stretching 15'		
16:30	17:25	1	Fitness Condition	Zumba	Body Pump	Zumba	Body Combat		
16:45	17:40	3	Pilates Stretch	Espalda Sana	PILATES STRONG	DANZA Y MOVIMIENTO			
17:15	17:30	FITNESS						Abdominales	Abdominales
17:15	18:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
17:30	17:45	FITNESS						Stretching 15'	Stretching 15'
17:30	18:00	PISCINA	Aqua-Circuit	Up-Aqua	Aqua-Circuit	Up-Aqua	Swimming Club		
17:30	18:25	1	Body Pump	Fitness Condition	Zumba	Body Pump	BODY_BALANCE		
17:45	18:40	3	TOTAL BARRA	PILATES STRONG	POWER YOGA	Pilates Stretch	Yoga		
18:00	18:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
18:00	18:45	CROSS-MET OUTDOOR		CROSS-MET		CROSS-MET			
18:15	19:00	2 CYCLING	Cycling	Cycling	Cycling		Cycling	Cycling Virtual	Cycling Virtual
18:30	19:00	CROSS-MET OUTDOOR						CROSS-MET 30	
18:30	19:00	FITNESS							Suspension Training
18:30	19:00	PISCINA	Up-Aqua	Aqua-Circuit	Up-Aqua	Aqua-Circuit	Swimming Club		
18:30	19:25	1	Zumba	Body Pump	Fitness Condition	Body Combat	Zumba		
18:45	19:40	3	Yoga Flow	Pilates Stretch	BODY-BALANCE	Espalda Sana	Pilates Stretch		
19:00	19:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
19:00	19:45	CROSS-MET OUTDOOR	CROSS-MET		CROSS-MET		CROSS-MET		
19:15	20:00	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
19:30	20:00	PISCINA						Up-Aqua	Up-Aqua
19:30	20:15	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym			
19:30	20:25	1	Body Combat	Fitness Condition	Body Pump	Zumba	Body Pump		
19:45	20:40	3	PILATES STRONG	BODY-BALANCE	Yoga Flow	PILATES STRONG			
20:00	20:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
20:15	21:00	2 CYCLING		Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual		
20:30	21:00	PISCINA	Aqua-Circuit	Up-Aqua	Swimming Club	Aqua-Circuit	Up-Aqua		
20:30	21:25	1	Fitness Condition	Zumba		Body Pump			

Acuáticas Alto gasto calórico Body-Mind Cardiovascular Coreografiadas Outdoor Tonicificación Muscular

Puede consultar los horarios en la web o en la app de Metropolitán. <https://clubmetropolitán.com>