

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Viernes
07:00	07:45	2 CYCLING	Cycling
07:00	07:55	1	YOGA FLOW_
07:15	07:45	PISCINA	Aqua-Circuit
07:45	08:00	FITNESS	Abdominales
08:15	08:45	FITNESS	Suspension Training
08:15	09:00	2 CYCLING	Cycling Virtual
08:30	09:00	PISCINA	Aqua-Circuit
08:45	09:40	3	Espalda Sana
09:30	10:00	PISCINA	Up-Aqua
09:30	10:25	1	Zumba
09:45	10:40	3	Pilates Stretch
10:00	10:45	PISCINA	Aqua-Gym
10:15	10:45	FITNESS	Suspension Training
10:15	11:00	2 CYCLING	Cycling Virtual
10:30	11:25	1	Body Pump
10:45	11:40	3	DANZA Y MOVIMIENTO
11:15	11:30	FITNESS	Abdominales
11:30	11:45	FITNESS	Stretching 15'
11:30	12:00	PISCINA	Aqua-Circuit
12:15	12:30	FITNESS	GAP EXPRESS
12:30	12:45	FITNESS	Stretching 15'
12:30	13:00	PISCINA	Up-Aqua
13:00	13:45	2 CYCLING	Cycling Virtual
14:00	14:45	2 CYCLING	Cycling Virtual
14:15	14:45	PISCINA	Aqua-Circuit
14:15	15:00	CROSS-MET OUTDOOR	CROSS-MET
14:45	15:00	FITNESS	Abdominales
15:00	15:45	2 CYCLING	Cycling Virtual
15:15	16:10	1	GAP
15:30	16:00	PISCINA	Aqua-Circuit
16:15	16:30	FITNESS	Abdominales
16:15	17:00	2 CYCLING	Cycling Virtual
16:30	16:45	FITNESS	Stretching 15'
16:30	17:25	1	Body Combat
17:15	18:00	2 CYCLING	Cycling Virtual
17:30	18:00	PISCINA	Swimming Club
17:30	18:25	1	Yoga
18:00	18:15	FITNESS	Abdominales
18:15	19:00	2 CYCLING	Cycling
18:30	19:00	PISCINA	Swimming Club
18:30	19:25	1	Pilates Stretch
19:00	19:15	FITNESS	Abdominales
19:00	19:45	CROSS-MET OUTDOOR	CROSS-MET
19:15	20:00	2 CYCLING	Cycling Virtual
19:30	20:25	1	Body Pump
20:00	20:15	FITNESS	Abdominales
20:15	21:00	2 CYCLING	Cycling Virtual
20:30	21:00	PISCINA	Up-Aqua

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>