

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:30	08:15	2 CYCLING	Cycling		Cycling				
07:30	08:25	1		Body Pump		Body Pump			
07:45	08:15	FITNESS	CROSS-MET 30		CROSS-MET 30				
08:15	08:30	FITNESS	Abdominales	STRETCHING	Abdominales	STRETCHING			
08:30	08:45	FITNESS		Abdominales		Abdominales			
08:30	09:25	1	Yoga		Yoga				
09:00	09:45	2 CYCLING		Cycling		Cycling			
09:30	10:00	FITNESS					CROSS-MET 30	CROSS-MET 30	CROSS-MET 30
09:30	10:25	1	Tonificación	POWER YOGA	Fitness Condition	POWER YOGA			
09:30	11:00	3						YOGA_	
09:45	10:00	FITNESS		Abdominales		Abdominales			
10:00	10:45	FITNESS	CROSS-MET 45	CROSSHIIT UPPER BODY	CROSS-MET 45	CROSS-HIIT FULL BODY			
10:00	10:45	2 CYCLING	Cycling Virtual	Cycling Virtual		Cycling Virtual		Cycling	
10:00	10:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM				
10:00	10:55	1					Pilates Stretch		Pilates Stretch
10:30	11:25	1	Espalda Sana	Fitness Condition	Pilates Stretch	Fitness Condition			
10:45	11:00	FITNESS		Abdominales		Abdominales		Abdominales	
11:00	11:15	FITNESS		HYPER STRETCH		HYPER STRETCH		HYPER STRETCH	
11:00	11:45	2 CYCLING			Cycling Virtual		Cycling		Cycling
11:00	11:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM			
11:00	11:55	1						Fitness Condition	
11:30	12:25	1	Pilates Stretch	Espalda Sana	Espalda Sana	Espalda Sana			
11:45	12:00	FITNESS					Abdominales		Abdominales
12:00	12:15	FITNESS					STRETCHING		STRETCHING
12:00	12:55	1					Body Pump	Pilates Stretch	Body Pump
12:30	13:25	1	Zumba	Body-Balance	Fitness Condition	Zumba			
13:00	13:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
13:30	14:00	FITNESS	CROSS-MET 30		CROSS-MET 30				
13:30	14:25	1	Fitness Condition	Body Pump	Zumba	Body Pump			
14:15	14:30	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales			
14:15	15:00	OUTDOOR		Running Club		Running Club			
14:30	15:00	FITNESS	CROSS-MET 30	CROSS-MET 30	CROSS-MET 30	CROSS-MET 30			
14:30	15:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling			
14:30	15:15	SPA			AQUAGYM				
14:30	15:25	1	Body Pump	Zumba	Fitness Condition	Body-Balance			
15:15	15:30	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales			
15:30	15:45	FITNESS	STRETCHING	STRETCHING	STRETCHING	STRETCHING			
15:30	16:00	FITNESS					CROSS-MET 30	CROSS-MET 30	CROSS-MET 30
16:00	16:45	2 CYCLING					Cycling Virtual	Cycling Virtual	Cycling Virtual
17:00	17:30	FITNESS		CROSS-MET 30		CROSS-MET 30			
17:30	18:00	FITNESS	Suspension Training		Suspension Training				
18:00	18:30	FITNESS					CROSS-MET 30	CROSS-MET 30	CROSS-MET 30
18:00	18:45	FITNESS	CROSS-MET 45	CROSSHIIT LOWER BODY	CROSS-MET 45	CROSSHIIT UPPER BODY			
18:00	18:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			
18:00	18:55	1	GAP	Fitness Condition	Tonificación	Fitness Condition			
18:00	18:55	3	PILATES-STRETCH_	YOGA_	PILATES-STRETCH_				
18:45	19:00	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales			
19:00	19:45	FITNESS	CROSS-HIIT FULL BODY	Suspension Training	CROSSHIIT LOWER BODY				
19:00	19:45	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual		Cycling Virtual
19:00	19:55	1	Fitness Condition	Body Pump	Body Combat	Zumba			
19:00	19:55	3	POWER YOGA_	PILATES-STRETCH_	POWER YOGA_	PILATES-STRETCH_			
19:30	20:15	OUTDOOR		Running Club					
19:45	20:00	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		Abdominales
20:00	20:45	FITNESS		CROSS-HIIT FULL BODY		BOXING			
20:00	20:45	2 CYCLING	Cycling	Cycling	Cycling				
20:00	20:55	FITNESS	BOXING						
20:00	20:55	1	Body Pump	Zumba	GAP	Body Pump			
20:00	20:55	3	HIPOPRESIVOS	YOGA_	HIPOPRESIVOS	YOGA_			
20:45	21:00	CROSS-MET	Abdominales						
20:45	21:00	FITNESS		Abdominales	Abdominales	Abdominales			

■ Acuáticas 
 ■ Alto gasto calórico 
 ■ Body-Mind 
 ■ Cardiovascular 
 ■ Coreografiadas 
 ■ Outdoor 
 ■ Tonificación Muscular

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