

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              |                      | Cycling              |                   |                      |
| 07:30  | 08:25 | 1         |                      | Body Pump            |                      | Body Pump            |                      |                   |                      |
| 07:45  | 08:15 | FITNESS   | CROSS-MET 30         |                      | CROSS-MET 30         |                      | CROSS-MET 30         |                   |                      |
| 08:15  | 08:30 | FITNESS   | Abdominales          | STRETCHING           | Abdominales          | STRETCHING           | Abdominales          |                   |                      |
| 08:30  | 08:45 | FITNESS   |                      | Abdominales          |                      | Abdominales          |                      |                   |                      |
| 08:30  | 09:25 | 1         | Yoga                 |                      | Yoga                 |                      |                      |                   |                      |
| 09:00  | 09:45 | 2 CYCLING |                      | Cycling              |                      | Cycling              |                      |                   |                      |
| 09:15  | 10:00 | FITNESS   |                      |                      |                      |                      | CROSSHIIT LOWER BODY |                   |                      |
| 09:30  | 10:00 | FITNESS   |                      |                      |                      |                      |                      | CROSS-MET 30      | CROSS-MET 30         |
| 09:30  | 10:25 | 1         | Tonificación         | Power Yoga           | Fitness Condition    | Power Yoga           |                      |                   |                      |
| 09:30  | 10:55 | 1         |                      |                      |                      |                      |                      | Yoga              |                      |
| 10:00  | 10:45 | FITNESS   | CROSS-MET 45         | CROSSHIIT UPPER BODY | CROSS-MET 45         | CROSS-HIIT FULL BODY | CROSS-MET 45         |                   |                      |
| 10:00  | 10:45 | 2 CYCLING | Cycling Virtual      | Cycling Virtual      | Cycling Virtual      | Cycling Virtual      | Cycling Virtual      | Cycling           |                      |
| 10:00  | 10:45 | SPA       | AQUAGYM              | AQUAGYM              | AQUAGYM              | AQUAGYM              | AQUAGYM              |                   |                      |
| 10:00  | 10:55 | 1         |                      |                      |                      |                      |                      |                   | Pilates Stretch      |
| 10:30  | 11:25 | 1         | Espalda Sana         | Fitness Condition    | Pilates Stretch      | Fitness Condition    | Body Pump            |                   |                      |
| 10:45  | 11:00 | FITNESS   |                      | Abdominales          |                      | Abdominales          | Abdominales          | Abdominales       |                      |
| 11:00  | 11:15 | FITNESS   |                      | STRETCHING           |                      | STRETCHING           |                      | STRETCHING        |                      |
| 11:00  | 11:45 | 2 CYCLING |                      |                      | Cycling              |                      |                      |                   | Cycling              |
| 11:00  | 11:45 | SPA       |                      | AQUAGYM              |                      | AQUAGYM              |                      |                   |                      |
| 11:00  | 11:55 | 1         |                      |                      |                      |                      |                      | Fitness Condition |                      |
| 11:30  | 12:25 | 1         | Pilates Stretch      | Espalda Sana         | Espalda Sana         | Espalda Sana         | Pilates Stretch      |                   |                      |
| 11:45  | 12:00 | FITNESS   | Abdominales          |                      | Abdominales          |                      | Abdominales          |                   | Abdominales          |
| 12:00  | 12:15 | FITNESS   | STRETCHING           |                      | STRETCHING           |                      | STRETCHING           |                   | STRETCHING           |
| 12:00  | 12:55 | 1         |                      |                      |                      |                      |                      | Pilates Stretch   | Body Pump            |
| 12:30  | 13:25 | 1         | Zumba                | Body-Balance         | Fitness Condition    | Zumba                | 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         | CROSS-MET 30         | CROSS-MET 30         | CROSS-MET 30         |                   |                      |
| 13:30  | 14:25 | 1         | Fitness Condition    | Body Pump            | Zumba                | Body Pump            | Fitness Condition    |                   |                      |
| 14:15  | 14:30 | FITNESS   | Abdominales          | 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         | CROSS-MET 30         |                   |                      |
| 14:30  | 15:15 | 2 CYCLING | Cycling              | Cycling              | Cycling              | Cycling              | Cycling              |                   |                      |
| 14:30  | 15:15 | SPA       |                      |                      | AQUAGYM              |                      |                      |                   |                      |
| 14:30  | 15:25 | 1         | Body Pump            | Zumba                | Fitness Condition    | Body-Balance         | GAP                  |                   |                      |
| 15:15  | 15:30 | FITNESS   | Abdominales          | Abdominales          | Abdominales          | Abdominales          | Abdominales          |                   |                      |
| 15:30  | 15:45 | FITNESS   | STRETCHING           | STRETCHING           | STRETCHING           | STRETCHING           | STRETCHING           |                   |                      |
| 15:30  | 16:00 | FITNESS   |                      |                      |                      |                      |                      | CROSS-MET 30      | CROSS-MET 30         |
| 17:00  | 17:30 | FITNESS   |                      | CROSS-MET 30         |                      | CROSS-MET 30         |                      |                   |                      |
| 17:00  | 17:55 | 1         |                      |                      |                      |                      | Fitness Condition    |                   |                      |
| 17:30  | 18:00 | FITNESS   | Suspension Training  |                      | Suspension Training  |                      | Suspension Training  |                   |                      |
| 18:00  | 18:30 | FITNESS   |                      |                      |                      |                      |                      | CROSS-MET 30      |                      |
| 18:00  | 18:45 | FITNESS   | CROSS-MET 45         | CROSSHIIT LOWER BODY | CROSS-MET 45         | CROSSHIIT UPPER BODY | CROSSHIIT UPPER BODY |                   |                      |
| 18:00  | 18:45 | 2 CYCLING | Cycling Virtual      | Cycling Virtual      | Cycling Virtual      | Cycling Virtual      | Cycling Virtual      |                   |                      |
| 18:00  | 18:55 | 1         | Fitness Condition    | Fitness Condition    | Body Pump            | Fitness Condition    | Pilates Stretch      |                   | Fitness Condition    |
| 18:00  | 18:55 | 3         | PILATES-STRETCH_     | YOGA_                | PILATES-STRETCH_     |                      |                      |                   |                      |
| 18:45  | 19:00 | FITNESS   | Abdominales          | Abdominales          | Abdominales          | Abdominales          | Abdominales          |                   |                      |
| 19:00  | 19:45 | FITNESS   | CROSS-HIIT FULL BODY | Suspension Training  | CROSSHIIT LOWER BODY | Suspension Training  |                      |                   | CROSS-HIIT FULL BODY |
| 19:00  | 19:45 | 2 CYCLING | Cycling              | Cycling              | Cycling              | Cycling              |                      |                   | Cycling Virtual      |
| 19:00  | 19:55 | OUTDOOR   | Running Club         |                      |                      |                      |                      |                   |                      |
| 19:00  | 19:55 | 1         | GAP                  | Body Pump            | Body Combat          | Zumba                | GAP                  |                   |                      |
| 19:00  | 19:55 | 3         | YOGA POWER_          | PILATES-STRETCH_     | YOGA POWER_          | PILATES-STRETCH_     |                      |                   |                      |
| 19:30  | 20:00 | FITNESS   |                      |                      |                      |                      | CROSS-MET 30         |                   |                      |
| 19:45  | 20:00 | FITNESS   | Abdominales          | Abdominales          | Abdominales          | Abdominales          |                      |                   |                      |
| 20:00  | 20:45 | FITNESS   |                      |                      |                      | CROSSHIIT LOWER BODY |                      |                   |                      |
| 20:00  | 20:45 | 2 CYCLING | Cycling              | Cycling              | Cycling              | Cycling              |                      |                   |                      |
| 20:00  | 20:55 | FITNESS   | Boxing               |                      |                      |                      |                      |                   |                      |
| 20:00  | 20:55 | 1         | Body Pump            |                      | GAP                  | Body Pump            |                      |                   |                      |
| 20:00  | 20:55 | 3         | PILATES-STRETCH_     | YOGA_                | PILATES-STRETCH_     | YOGA_                |                      |                   |                      |
| 20:00  | 21:00 | 1         |                      | Zumba                |                      |                      |                      |                   |                      |
| 20:15  | 20:30 | FITNESS   |                      |                      |                      |                      | Abdominales          |                   |                      |
| 20:45  | 21:00 | CROSS-MET | Abdominales          |                      |                      |                      |                      |                   |                      |
| 20:45  | 21:00 | FITNESS   |                      | Abdominales          | Abdominales          | Abdominales          |                      |                   |                      |
| 21:00  | 21:30 | FITNESS   |                      | CROSS-MET 30         |                      | CROSS-MET 30         |                      |                   |                      |

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>