METROPOLITAN

Balmes (BCN) - Horario válido desde el 28/04/2025 hasta el 04/05/2025

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					
07:45	08:15	FITNESS	CROSS-MET 30		CROSS-MET 30		CROSS-MET 30		
08:15	08:30	FITNESS	Abdominales	STRETCHING	Abdominales		Abdominales		
08:30	08:45	FITNESS		Abdominales					
08:30	09:25	1	Yoga		Yoga				
09:00	09:45	2 CYCLING		Cycling					
09:30	10:00	FITNESS				CROSS-MET 30		CROSS-MET 30	CROSS-MET 30
09:30	10:15	CROSS-MET					CROSSHIIT LOWER BODY		
09:30	10:25	1	Fitness Condition	Power Yoga	Fitness Condition				
09:30	10:55	1						Yoga	
10:00	10:45	FITNESS	CROSS-MET 45	CROSSHIIT UPPER BODY	CROSS-MET 45		CROSS-MET 45		
10:00	10:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual	Cycling	
10:00	10:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM		AQUAGYM		
10:00	10:55	1				Pilates Stretch			Pilates Stretch
10:30	11:25	1	Espalda Sana	Fitness Condition	Pilates Stretch		Body Pump		
10:45	11:00	FITNESS		Abdominales			Abdominales	Abdominales	
11:00	11:15	FITNESS		STRETCHING				STRETCHING	
11:00	11:45	2 CYCLING			Cycling	Cycling			Cycling
11:00	11:45	SPA		AQUAGYM					
11:00	11:55	1						Fitness Condition	
11:30	12:25	1	Pilates Stretch	Espalda Sana	Espalda Sana		Pilates Stretch		
11:45	12:00	FITNESS	Abdominales		Abdominales	Abdominales	Abdominales		Abdominales
12:00	12:15	FITNESS	STRETCHING		STRETCHING	STRETCHING	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		CROSS-MET 30		
13:30	14:25	1	Fitness Condition	Body Pump	Zumba		Fitness Condition		
14:15	14:30	FITNESS	Abdominales	Abdominales	Abdominales		Abdominales		
14:15	15:00	OUTDOOR		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		GAP		
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	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
17:00	17:30	FITNESS		CROSS-MET 30					
17:00	17:55	1					Fitness Condition		
17:30	18:00	FITNESS	SUSPENSION TRAINNING 30		SUSPENSION TRAINNING 30				
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		
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		
19:00	19:45	FITNESS	CROSS-HIIT FULL BODY	Suspension Training	CROSSHIIT LOWER BODY				
19:00	19:45	OUTDOOR	RUNNING CLUB-SKY RUN						
19:00	19:45	2 CYCLING	Cycling	Cycling	Cycling	Cycling			Cycling
19:00	19:55	1	GAP	Body Pump	Body Combat		GAP		
19:00	19:55	3	YOGA POWER_	PILATES-STRETCH_	YOGA POWER_				
19:30	20:00	FITNESS					CROSS-MET 30		
19:45	20:00	FITNESS	Abdominales	Abdominales	Abdominales				
20:00	20:45	2 CYCLING	Cycling	Cycling	Cycling				
20:00	20:55	FITNESS	Boxing						
20:00	20:55	1	Body Pump		GAP				
20:00	20:55	3	PILATES-STRETCH_	YOGA_	PILATES-STRETCH_				
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				
21:00	21:30	FITNESS		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 Metropolitan. https://clubmetropolitan.com