

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          | 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             |                      | 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 Metropolitán. <https://clubmetropolitán.com>