

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Viernes
07:30	08:15	2 CYCLING	Cycling
07:45	08:15	FITNESS	CROSS-MET 30
08:15	08:30	FITNESS	Abdominales
09:15	10:00	FITNESS	CROSSHIIT LOWER BODY
10:00	10:45	FITNESS	CROSS-MET 45
10:00	10:45	2 CYCLING	Cycling Virtual
10:00	10:45	SPA	AQUAGYM
10:30	11:25	1	Body Pump
10:45	11:00	FITNESS	Abdominales
11:30	12:25	1	Pilates Stretch
12:30	13:25	1	Zumba
13:00	13:45	2 CYCLING	Cycling Virtual
13:30	14:00	FITNESS	CROSS-MET 30
13:30	14:25	1	Fitness Condition
14:15	14:30	FITNESS	Abdominales
14:30	15:00	FITNESS	CROSS-MET 30
14:30	15:15	2 CYCLING	Cycling
15:15	15:30	FITNESS	Abdominales
15:30	15:45	FITNESS	HYPER STRETCH
17:00	17:55	1	Fitness Condition
17:30	18:00	FITNESS	Suspension Training
18:00	18:45	FITNESS	CROSS-MET 45
18:00	18:45	2 CYCLING	CYCLING VIRTUAL ENG
18:00	18:55	1	Espalda Sana
18:45	19:00	FITNESS	Abdominales
19:00	19:55	1	GAP

■ 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>