

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	07:45	CROSS-MET	GLOBAL TRAINING						
07:15	08:00	2 CYCLING	Cycling	Cycling Virtual	Cycling		Cycling		
07:15	08:05	CROSS-MET		CROSS-MET			CROSS-MET		
07:15	08:05	1		Body Pump		Body Pump			
07:15	08:05	3				Body-Balance			
07:30	08:00	PISCINA 1		AQUAGYM					
08:15	09:00	2 CYCLING		Cycling		Cycling			
08:30	09:20	1	Body Pump		Body Pump		Body Pump		
08:45	09:15	PISCINA 1	AQUAGYM						
09:00	09:50	3		Body-Balance		Pilates Stretch			
09:15	10:00	2 CYCLING					Cycling Virtual		
09:15	10:05	1						PILATES_	
09:30	10:00	PISCINA 1	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
09:30	10:15	2 CYCLING							Cycling Virtual
09:30	10:20	1	Zumba	Body Combat		Body Combat	Zumba		
09:30	10:20	3			Body-Balance				
09:45	10:15	PISCINA 1						AQUAGYM	AQUAGYM
09:45	10:35	1			Fitness Condition				
10:00	10:50	CROSS-MET				Boxing			
10:00	10:50	3				Espalda Sana			
10:00	11:30	2 CYCLING						MÁSTER TOUR DE FRANCIA 2025	
10:15	11:00	2 CYCLING	Cycling		Cycling		Cycling		
10:15	11:05	1						Body Combat	Body Pump
10:30	11:15	2 CYCLING		Cycling Virtual		Cycling Virtual			Cycling
10:30	11:20	1	Body Pump	PILATES_		URBAN DANCE	GAP		
10:30	11:20	3			Pilates Stretch				
10:45	12:00	1			YOGA_				
11:00	11:15	CROSS-MET			STRETCHING				
11:00	11:30	CROSS-MET		GLOBAL TRAINING		GLOBAL TRAINING			
11:15	11:30	CROSS-MET						Abdominales	Abdominales
11:15	12:05	CROSS-MET	CROSS-MET				CROSS-MET		
11:30	11:45	CROSS-MET						STRETCHING	STRETCHING
11:30	12:20	CROSS-MET		Suspension Training	CROSS-MET	Suspension Training			
11:30	12:20	1	PILATES_	YOGA_		YOGA_	ESPALDA SANA_	Body Pump	GAP
11:30	12:20	3			Espalda Sana				
11:45	12:30	2 CYCLING							Cycling
12:00	12:50	CROSS-MET						Boxing	
12:15	13:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual		
12:30	13:00	1				HIPOPRESIVOS_			
12:30	13:20	CROSS-MET			Suspension Training				
12:30	13:20	1	ESPALDA SANA_					URBAN DANCE	
13:00	13:30	PISCINA 1						AQUAGYM	AQUAGYM
14:00	14:50	3		Pilates Stretch		Body-Balance			
14:30	15:00	CROSS-MET	GLOBAL TRAINING		GLOBAL TRAINING				
14:30	15:00	PISCINA 1	AQUAGYM		AQUAGYM		AQUAGYM		
14:30	15:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling Virtual		Cycling Virtual	Cycling Virtual
14:30	15:20	1			Fitness Condition	Body Pump	GAP		
15:15	15:30	CROSS-MET				Abdominales	Abdominales		
15:30	16:00	PISCINA 1		AQUAGYM		AQUAGYM			
15:30	16:15	2 CYCLING				Cycling	Cycling Virtual		
15:30	16:20	1	GAP	Body Pump			Body Pump		
16:30	17:20	1		Zumba	ESPALDA SANA_	Zumba			
16:30	18:00	3					Yoga		
17:00	17:45	2 CYCLING	Cycling						
17:15	17:45	CROSS-MET	GLOBAL TRAINING		GLOBAL TRAINING		GLOBAL TRAINING		
17:15	17:45	3		HIPOPRESIVOS					
17:15	18:05	CROSS-MET				CROSS-MET			
17:15	18:05	3	Pilates Stretch						
17:30	18:15	2 CYCLING		Cycling					
17:30	18:20	1	URBAN DANCE	Fitness Condition	Body Pump	PILATES_			
17:45	18:15	CROSS-MET		GLOBAL TRAINING					
18:00	18:45	2 CYCLING	Cycling		Cycling				
18:00	18:50	3		Yoga	Body-Balance				
18:15	19:00	2 CYCLING					Cycling		
18:15	19:05	CROSS-MET	CROSS-MET		CROSS-MET				
18:15	19:05	3	Body-Balance				Body-Balance		
18:30	19:00	PISCINA 1	AQUAGYM		AQUAGYM		AQUAGYM	AQUAGYM	AQUAGYM
18:30	19:15	2 CYCLING		Cycling		Cycling			
18:30	19:20	CROSS-MET				Boxing	CROSS-MET		
18:30	19:20	1	Fitness Condition	Body Combat	GAP	Body Pump	Zumba		
18:30	19:20	3				TAI CHI.			
19:00	19:45	2 CYCLING	Cycling		Cycling			Cycling Virtual	Cycling Virtual
19:00	19:50	3		Yoga	Pilates Stretch				
19:15	20:05	CROSS-MET	CROSS-MET		CROSS-MET				
19:15	20:05	3	Pilates Stretch						
19:30	20:00	CROSS-MET						GLOBAL TRAINING	GLOBAL TRAINING
19:30	20:00	PISCINA 1	Swimming Club	AQUAGYM	Swimming Club	AQUAGYM			
19:30	20:15	2 CYCLING		Cycling		Cycling			
19:30	20:20	CROSS-MET		Boxing					
19:30	20:20	1	Zumba	Body Pump	Zumba	Body Combat	GAP		
19:30	21:00	3				Yoga			
20:15	20:45	CROSS-MET	GLOBAL TRAINING		GLOBAL TRAINING				
20:15	21:05	3	Espalda Sana						
20:30	21:00	PISCINA 1	AQUAGYM	Aqua-Running	AQUAGYM	Aqua-Running			
20:30	21:20	CROSS-MET		Suspension Training		Suspension Training			
20:30	21:20	1	Body Combat	Zumba					

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>