

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Miércoles
07:15	08:00	2 CYCLING	Cycling
08:30	09:20	1	Body Pump
09:15	10:00	2 CYCLING	Cycling Virtual
09:30	10:00	PISCINA 1	AQUAGYM
09:30	10:20	3	Body-Balance
09:45	10:35	1	Fitness Condition
10:15	11:00	2 CYCLING	Cycling
10:30	11:20	3	Pilates Stretch
10:45	12:00	1	Tai Chi
11:30	12:20	3	Espalda Sana
12:15	13:00	2 CYCLING	Cycling Virtual
12:30	13:20	CROSS-MET	Suspension Training
14:30	15:00	CROSS-MET	GLOBAL TRAINING
14:30	15:00	PISCINA 1	AQUAGYM
14:30	15:15	2 CYCLING	Cycling
14:30	15:20	1	Fitness Condition
15:15	15:30	CROSS-MET	STRETCHING
16:00	16:30	PISCINA 1	Aquaboard
16:30	17:20	1	ESPALDA SANA
17:15	17:45	CROSS-MET	GLOBAL TRAINING
17:30	18:20	1	Body Pump
18:00	18:45	2 CYCLING	Cycling
18:00	18:50	3	Body-Balance
18:15	19:05	CROSS-MET	CROSS-MET
18:30	19:00	PISCINA 1	AQUAGYM
18:30	19:20	1	GAP
19:00	19:45	2 CYCLING	Cycling
19:00	19:50	3	Pilates Stretch
19:15	20:05	CROSS-MET	CROSS-MET
19:30	20:00	PISCINA 1	Swimming Club
19:30	20:20	1	Zumba
20:00	20:50	3	Body-Balance
20:15	20:45	CROSS-MET	GLOBAL TRAINING
20:30	21:00	PISCINA 1	AQUAGYM
20:30	21:20	1	Body Pump

■ 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>