

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Jueves
07:15	08:00	2 CYCLING	Cycling Virtual
07:15	08:05	1	Body Pump
08:15	09:00	2 CYCLING	Cycling
09:00	09:50	3	Pilates Stretch
09:30	10:00	PISCINA 1	AQUAGYM
09:30	10:20	1	Body Combat
10:00	10:50	CROSS-MET	Boxing
10:00	10:50	3	Espalda Sana
10:30	11:15	2 CYCLING	Cycling Virtual
10:30	11:20	1	URBAN DANCE
11:00	11:30	CROSS-MET	GLOBAL TRAINING
11:30	12:20	CROSS-MET	Suspension Training
11:30	12:20	1	YOGA_
12:30	13:00	1	HIPOPRESIVOS_
14:30	15:15	2 CYCLING	Cycling Virtual
14:30	15:20	1	Body Pump
15:15	15:30	CROSS-MET	Abdominales
15:30	16:00	PISCINA 1	AQUAGYM
15:30	16:15	2 CYCLING	Cycling
16:30	17:20	1	Zumba
17:15	18:05	CROSS-MET	CROSS-MET
17:30	18:20	1	PILATES_
18:30	19:15	2 CYCLING	Cycling
18:30	19:20	CROSS-MET	Boxing
18:30	19:20	1	Body Pump
19:30	20:00	PISCINA 1	AQUAGYM
19:30	20:15	2 CYCLING	Cycling
19:30	20:20	1	Body Combat
19:30	21:00	3	Yoga
20:30	21:00	PISCINA 1	Aqua-Running
20:30	21:20	CROSS-MET	Suspension Training

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>