

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes
07:15	07:45	CROSS-MET	GLOBAL TRAINING
07:15	08:00	2 CYCLING	Cycling
08:30	09:20	1	Body Pump
08:45	09:15	PISCINA 1	AQUAGYM
09:15	10:00	2 CYCLING	Cycling Virtual
09:30	10:00	PISCINA 1	AQUAGYM
09:30	10:20	1	Zumba
10:15	11:00	2 CYCLING	Cycling
10:30	11:20	1	Body Pump
11:15	12:05	CROSS-MET	CROSS-MET
11:30	12:20	1	PILATES_
12:15	13:00	2 CYCLING	Cycling Virtual
14:30	15:00	CROSS-MET	GLOBAL TRAINING
14:30	15:00	PISCINA 1	AQUAGYM
14:30	15:15	2 CYCLING	Cycling
15:30	16:20	1	GAP
17:15	17:45	CROSS-MET	GLOBAL TRAINING
17:15	18:05	3	Pilates Stretch
17:30	18:20	1	URBAN DANCE
18:00	18:45	2 CYCLING	Cycling
18:15	19:05	3	Body-Balance
18:30	19:00	PISCINA 1	AQUAGYM
18:30	19:20	CROSS-MET	CROSS-MET
18:30	19:20	1	Fitness Condition
19:00	19:45	2 CYCLING	Cycling
19:15	20:05	3	Pilates Stretch
19:30	20:00	PISCINA 1	Swimming Club
19:30	20:20	1	Zumba
20:15	20:45	CROSS-MET	GLOBAL TRAINING
20:30	21:00	PISCINA 1	AQUAGYM

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://clubmetropolitan.com>