

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Martes
07:15	08:00	2 CYCLING	Cycling Virtual
07:15	08:05	CROSS-MET	CROSS-MET
07:15	08:05	1	Body Pump
07:30	08:00	PISCINA 1	AQUAGYM
08:15	09:00	2 CYCLING	Cycling
09:00	09:50	3	Body-Balance
09:30	10:00	PISCINA 1	AQUAGYM
09:30	10:20	1	Body Combat
10:20	10:50	CROSS-MET	ABD + STRETCH 30'
10:30	11:15	2 CYCLING	Cycling Virtual
10:30	11:20	1	PILATES_
11:00	11:30	CROSS-MET	GLOBAL TRAINING
11:30	12:20	CROSS-MET	Suspension Training
11:30	13:00	1	YOGA_
12:30	13:00	CROSS-MET	HYPER STRETCH
14:30	15:15	2 CYCLING	Cycling
14:30	15:20	1	PILATES_
15:30	16:00	PISCINA 1	AQUAGYM
15:30	16:15	2 CYCLING	Cycling Virtual
15:30	16:20	1	Body Pump
16:30	17:20	1	Zumba
17:15	17:45	3	HIPOPRESIVOS
17:30	18:15	2 CYCLING	Cycling
17:30	18:20	1	Fitness Condition
17:45	18:15	CROSS-MET	GLOBAL TRAINING
18:00	18:50	3	Yoga
18:30	19:15	2 CYCLING	Cycling
18:30	19:20	1	Body Combat
19:00	19:50	3	Yoga
19:30	20:00	PISCINA 1	AQUAGYM
19:30	20:15	2 CYCLING	Cycling
19:30	20:20	CROSS-MET	Boxing
19:30	20:20	1	Body Pump
20:30	21:00	PISCINA 1	Aqua-Running
20:30	21:20	CROSS-MET	Suspension Training
20:30	21:20	1	Zumba

■ 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>