

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	EXTERIOR				Running Club			
07:15	08:45	EXTERIOR	Running Club						
07:30	08:00	CROSS-HIIT		CROSS-HIIT FULL BODY					
07:30	08:00	PISCINA		AQUA GYM		AQUA GYM			
07:30	08:15	CROSS-MET			CROSS-MET_				
07:30	08:15	1	Fitness Condition	Body Pump		Body Pump			
07:30	08:15	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling		
08:30	09:00	CROSS-HIIT			CROSS-HIIT UPPER BODY				
08:30	09:00	CROSS-MET	CROSS-MET_			Suspension Training	CROSS-MET_		
08:30	09:15	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
09:00	09:45	CROSS-MET			SUSPENSION TRAINING_				
09:00	10:15	3	Yoga	Yoga	Yoga	Yoga			
09:30	10:15	1	Zumba	GAP	PILATES-STRECH_		GAP		
09:30	10:15	2 CYCLING	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling
09:30	10:15	4	Body-Balance						
10:00	10:30	CROSS-HIIT	CROSS-HIIT FULL BODY		CROSS-HIIT LOWER BODY		CROSS-HIIT UPPER BODY		
10:00	10:30	CROSS-MET		CROSS-MET		CROSS-MET			
10:00	10:30	PISCINA	AQUA GYM		AQUA GYM				
10:00	10:45	1						Espalda Sana	GAP
10:00	10:45	4		ESPALDA SANA+	ESPALDA SANA+	ESPALDA SANA+			
10:30	10:45	CROSS-MET	Abdominales		Abdominales		Abdominales		
10:30	11:00	CROSS-MET				Suspension Training			
10:30	11:15	CROSS-HIIT		Boxing					
10:30	11:15	1	Body Pump	PILATES-STRECH_	Fitness Condition	Fitness Condition	Espalda Sana		
10:30	11:15	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling	Cycling
10:45	11:00	CROSS-MET	HYPER STRETCH		HYPER STRETCH		HYPER STRETCH		
11:00	11:30	PISCINA	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM			
11:00	11:45	1						Body Pump	Body Pump
11:30	11:50	CROSS-MET		SKILL RUNNING		SKILL RUNNING			
11:30	12:15	1	PILATES-STRECH_		ZUMBA_	YOGUILATES+	PILATES-STRECH_		
11:30	12:15	2 CYCLING						Cycling	Cycling
11:30	12:15	3		HIPOPRESIVOS					
11:30	12:30	4		Tai Chi					
12:00	12:30	PISCINA		AQUA GYM		AQUA GYM			
12:00	12:45	1						Body Pump	Body Pump
12:30	12:50	CROSS-MET	SKILL RUNNING		SKILL RUNNING		SKILL RUNNING		
12:30	13:15	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
13:00	13:30	PISCINA						AQUA GYM	AQUA GYM
13:30	14:15	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual	Cycling Virtual
14:15	15:00	CROSS-HIIT		CROSS-HIIT FULL BODY	CROSS-HIIT LOWER BODY	CROSS-HIIT FULL BODY			
14:15	15:00	CROSS-MET	CROSS-MET_		CROSS-MET_				
14:15	15:00	1	Body Pump	GAP	PILATES-STRECH_	Body Pump			
14:15	15:00	3	Pilates Stretch				Body-Balance		
14:15	15:30	3				Yoga			
14:30	15:00	PISCINA	AQUA GYM		AQUA GYM		AQUA GYM		
14:30	15:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
15:30	16:00	PISCINA		AQUA GYM		AQUA GYM			
15:30	16:15	CROSS-MET			Suspension Training				
15:30	16:15	1		Body Pump	Fitness Condition				
15:30	16:15	2 CYCLING	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30	16:15	3	Body-Balance			Pilates Stretch			
16:30	16:50	CROSS-MET	SKILL RUNNING		SKILL RUNNING				
17:00	17:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
17:30	18:15	CROSS-MET			CROSS-MET_				
17:30	18:15	1	Body Pump		Fitness Condition				
17:30	18:15	3				HIPOPRESIVOS			
17:30	18:15	4	Pilates Stretch						
18:00	18:45	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual
18:00	19:15	3	Yoga	Yoga					
18:30	19:00	PISCINA	AQUA GYM		AQUA GYM		AQUA GYM	AQUA GYM	AQUA GYM
18:30	19:15	CROSS-HIIT	CROSS-HIIT LOWER BODY	Boxing	CROSS-HIIT UPPER BODY	CROSS-HIIT UPPER BODY			
18:30	19:15	1	Body Pump	Body Pump	Body Combat	Fitness Condition	GAP		
18:30	19:15	3			PILATES / YOGA	Body-Balance			
18:30	19:15	4	Pilates Stretch	Body-Balance					
18:30	20:00	3					Tai Chi		
19:00	19:45	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
19:30	20:00	PISCINA		AQUA GYM		AQUA GYM			
19:30	20:15	CROSS-HIIT	CROSS-HIIT FULL BODY		CROSS-HIIT LOWER BODY	Boxing			
19:30	20:15	CROSS-MET		CROSS-MET_					
19:30	20:15	1	GAP	Body Combat	Body Pump	GAP	Fitness Condition		
19:30	20:15	3				PILATES / YOGA			
19:30	20:15	4		Pilates Stretch					
19:30	20:45	3	Yoga	Yoga	Yoga				
20:00	20:45	2 CYCLING		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
20:30	21:15	CROSS-HIIT		CROSS-HIIT FULL BODY					

■ 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>