

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
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			
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	PISCINA	AQUA GYM		AQUA GYM				
10:00	10:45	1						PILATES-STRECH_	BODY BALANCE_
10:00	10:45	4		PILATES / YOGA	ESPALDA SANA+	ESPALDA SANA+			
10:30	11:15	CROSS-MET				Suspension Training			
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
10:30	11:30	2 CYCLING					MASTER CYCLING TOUR DE FRANCIA		
11:00	11:30	PISCINA	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM			
11:00	11:45	1						Body Pump	Body Pump
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					
12:00	12:30	PISCINA		AQUA GYM		AQUA GYM			
12:00	12:45	1						Body Pump	Body Pump
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
13:45	14:15	2 CYCLING		CYCLING EXPRESS		CYCLING EXPRESS			
14:15	15:00	CROSS-HIIT		CROSS-HIIT FULL BODY		CROSS-HIIT FULL BODY			
14:15	15:00	CROSS-MET	CROSS-MET_		CROSS-MET_				
14:15	15:00	1	Body Pump	GAP	GAP	Body Pump			
14:15	15:00	3	Pilates Stretch		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		
15:30	16:15	3	Body-Balance			Pilates Stretch			
17:00	17:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
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 Virtual	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				
18:30	19:15	EXTERIOR		Running Club					
18:30	19:15	1	Body Pump	Body Pump	Fitness Condition	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	EXTERIOR				Running Club			
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				
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	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
20:30	21:15	CROSS-HIIT		CROSS-HIIT FULL BODY					
20:30	21:15	CROSS-MET			CROSS-MET_				

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>