

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   | 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          |                       |                      |                       |                       |                       | Body Combat     | Body Combat     |
| 10:00  | 10:45 | 4          |                       | PILATES / YOGA       | ESPALDA SANA+         | ESPALDA SANA+         |                       |                 |                 |
| 10:30  | 10:45 | CROSS-MET  | Abdominales           |                      | Abdominales           |                       | Abdominales           |                 |                 |
| 10:30  | 11:15 | CROSS-HIIT |                       | Boxing               |                       | Boxing                |                       |                 |                 |
| 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         | Cycling         |
| 10:45  | 11:00 | CROSS-MET  | MIO-STRETCH           |                      | MIO-STRETCH           |                       | MIO-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  | 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  | 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       |                       |                 |                 |
| 14:00  | 14:45 | EXTERIOR   |                       |                      | Running Club          |                       |                       |                 |                 |
| 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                  | Body Combat           | Body Pump             |                       |                 |                 |
| 14:15  | 15:00 | 3          | Pilates Stretch       | PILATES / YOGA       | 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     | PILATES-STRECH_       |                       |                 |                 |
| 15:30  | 16:15 | 2 CYCLING  | Cycling               | Cycling Virtual      | Cycling Virtual       | Cycling Virtual       | Cycling               |                 |                 |
| 15:30  | 16:15 | 3          | Body-Balance          |                      |                       |                       |                       |                 |                 |
| 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    | Body-Balance          |                       |                       |                 |                 |
| 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 | EXTERIOR   |                       | Running Club         |                       |                       |                       |                 |                 |
| 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 | 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 | Boxing                |                       |                 |                 |
| 19:30  | 20:15 | CROSS-MET  |                       | CROSS-MET_           |                       |                       |                       |                 |                 |
| 19:30  | 20:15 |            |                       |                      |                       |                       |                       |                 |                 |
| 19:30  | 20:15 | 1          | GAP                   | Body Combat          | Body Pump             | GAP                   | Fitness Condition     |                 |                 |
| 19:30  | 20:15 | 3          |                       |                      |                       | Pilates Stretch       |                       |                 |                 |
| 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_            |                       |                       |                 |                 |
| 20:30  | 21:15 | 1          | Body Combat           | 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://clubnetropolitano.com>