

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Jueves
07:30	08:00	PISCINA	AQUA GYM
07:30	08:15	1	Body Pump
07:30	08:15	2 CYCLING	Cycling Virtual
08:30	09:00	CROSS-MET	Suspension Training
08:30	09:15	2 CYCLING	Cycling Virtual
09:00	10:15	3	Yoga
09:30	10:15	2 CYCLING	Cycling
10:00	10:30	CROSS-MET	CROSS-MET
10:00	10:45	4	ESPALDA SANA+
10:30	11:15	CROSS-HIIT	Boxing
10:30	11:15	CROSS-MET	Suspension Training
10:30	11:15	1	Fitness Condition
10:30	11:15	2 CYCLING	Cycling Virtual
11:00	11:30	PISCINA	AQUA GYM
11:30	12:15	1	YOGUILATES+
12:00	12:30	PISCINA	AQUA GYM
12:30	13:15	2 CYCLING	Cycling Virtual
13:45	14:15	2 CYCLING	CYCLING EXPRESS
14:15	15:00	CROSS-HIIT	CROSS-HIIT FULL BODY
14:15	15:00	1	Body Pump
14:15	15:30	3	Yoga
14:30	15:15	2 CYCLING	Cycling
15:30	16:00	PISCINA	AQUA GYM
15:30	16:15	1	PILATES-STRECH_L
15:30	16:15	2 CYCLING	Cycling Virtual
17:00	17:45	2 CYCLING	Cycling Virtual
17:30	18:15	3	HIPOPRESIVOS
18:00	18:45	2 CYCLING	Cycling
18:30	19:15	CROSS-HIIT	CROSS-HIIT UPPER BODY
18:30	19:15	1	Fitness Condition
18:30	19:15	3	Body-Balance
18:30	20:00	EXTERIOR	Running Club
19:00	19:45	2 CYCLING	Cycling
19:30	20:00	PISCINA	AQUA GYM
19:30	20:15	CROSS-HIIT	Boxing
19:30	20:15	1	GAP
19:30	20:15	3	Pilates Stretch
20:00	20:45	2 CYCLING	Cycling Virtual

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://clubmetropolitán.com>