

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Martes
07:30	08:00	CROSS-HIIT	CROSS-HIIT FULL BODY
07:30	08:00	PISCINA	AQUA GYM
07:30	08:15	1	Body Pump
07:30	08:15	2 CYCLING	Cycling Virtual
08:30	09:15	2 CYCLING	Cycling Virtual
09:00	10:15	3	Yoga
09:30	10:15	1	GAP
09:30	10:15	2 CYCLING	Cycling
10:00	10:30	CROSS-MET	CROSS-MET
10:00	10:45	4	PILATES / YOGA
10:30	11:15	CROSS-HIIT	Boxing
10:30	11:15	1	PILATES-STRECH_
10:30	11:15	2 CYCLING	Cycling Virtual
11:00	11:30	PISCINA	AQUA GYM
11:30	12:15	3	HIPOPRESIVOS
11:30	12:30	4	Tai Chi
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	GAP
14:15	15:00	3	PILATES / YOGA
14:30	15:15	2 CYCLING	Cycling
15:30	16:00	PISCINA	AQUA GYM
15:30	16:15	1	Body Pump
15:30	16:15	2 CYCLING	Cycling Virtual
17:00	17:45	2 CYCLING	Cycling Virtual
17:30	18:15	1	Fitness Condition
18:00	18:45	2 CYCLING	Cycling
18:00	19:15	3	Yoga
18:30	19:15	CROSS-HIIT	Boxing
18:30	19:15	EXTERIOR	Running Club
18:30	19:15	1	Body Pump
18:30	19:15	4	Body-Balance
19:00	19:45	2 CYCLING	Cycling
19:30	20:00	PISCINA	AQUA GYM
19:30	20:15	CROSS-MET	CROSS-MET_
19:30	20:15	1	Body Combat
19:30	20:15	4	Pilates Stretch
19:30	20:45	3	Yoga
20:00	20:45	2 CYCLING	Cycling Virtual
20:30	21:15	CROSS-HIIT	CROSS-HIIT FULL BODY
20:30	21:15	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>