

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:00	07:45	2 CYCLING			Cycling				
07:00	07:55	1	Body Pump	Body Combat		Fitness Condition	Body Combat		
07:00	07:55	ZONA CROSS-MET			CROSS-MET				
07:15	08:00	2 CYCLING		Cycling		Cycling			
07:30	07:55	ZONA CROSS-MET		GLOBAL TRAINING		GLOBAL TRAINING			
07:30	08:15	2 CYCLING	Cycling				Cycling		
08:00	08:25	1	ABD + Stretch		ABD + Stretch				
08:00	08:55	1		Fitness Condition		Pilates Stretch			
08:30	08:55	1	HYPER STRETCH						
09:00	09:45	2 CYCLING		Cycling		Cycling			
09:00	09:55	1	Fitness Condition	Body Pump	Tonificación	Body Combat	Fitness Condition		
09:30	10:25	1						Yoga	
10:00	10:45	2 CYCLING	Cycling					Cycling	Cycling
10:00	10:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
10:00	10:55	1	Espalda Sana	STRETCHING	GAP	Yoga	Tonificación		
10:30	11:25	1						Yoga	Pilates Stretch
11:00	11:45	2 CYCLING						Cycling	Cycling
11:00	11:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM		AQUAGYM		
11:00	11:55	1	Tonificación	Yoga	Espalda Sana	TONO-STRETCH	Aero Latino		
11:00	11:55	ZONA CROSS-MET						CROSS-MET	
11:30	12:25	1							Fitness Condition
12:00	12:45	2 CYCLING			Cycling				
12:00	12:45	SPA	AQUAGYM		AQUAGYM		AQUAGYM		
12:00	12:55	1	Pilates Stretch	TOTALBARRA	Body Pump	STRETCHING	Pilates Stretch	Zumba	
12:30	13:25	1							Pilates Stretch
13:00	13:55	1	TONO-STRETCH					Body Pump	
13:30	13:55	1			HYPER STRETCH				
13:30	14:25	1							Fitness Condition
14:00	14:25	1	GAP30	ABD + Stretch	GAP30	ABD + Stretch	HYPER STRETCH		
14:30	14:55	ZONA CROSS-MET	Cross-Hiit 30'						
14:30	15:15	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
14:30	15:25	OUTDOOR	Running Club		Running Club				
14:30	15:25	1	Aero Latino	Fitness Condition	Body Combat	Yoga	Body Pump		
14:30	15:25	ZONA CROSS-MET		CROSS-MET		CROSS-MET			
15:30	16:25	1	TOTALBARRA	Yoga	Body Pump	Fitness Condition	Pilates Stretch		
16:30	16:55	1	HYPER STRETCH						
17:00	17:55	1	PILATES STRONG	TONO-STRETCH	Yoga	PILATES STRONG			
18:00	18:45	2 CYCLING	Cycling Virtual	CYCLING VIRTUAL ENG	Cycling Virtual	CYCLING VIRTUAL ENG			
18:00	18:55	1	GAP	Espalda Sana	Fitness Condition	Yoga			
18:30	19:15	2 CYCLING						Cycling Virtual	Cycling Virtual
18:30	19:25	1					Espalda Sana		
18:30	19:25	ZONA CROSS-MET					CROSS-MET		
19:00	19:45	2 CYCLING	Cycling	Cycling	Cycling				
19:00	19:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM			
19:00	19:55	OUTDOOR	Running Club						
19:00	19:55	1	Body Pump	Body Combat	Aero Latino	Fitness Condition			
19:00	19:55	ZONA CROSS-MET		CROSS-MET		CROSS-MET			
19:30	19:55	1						GAP30	Cross-Hiit 30'
19:30	19:55	ZONA CROSS-MET	GLOBAL TRAINING		GLOBAL TRAINING				
19:30	20:15	2 CYCLING				Cycling	Cycling		
19:30	20:25	1					Fitness Condition		
20:00	20:25	ZONA CROSS-MET		GAP30			Cross-Hiit 30'		
20:00	20:45	2 CYCLING	Cycling	Cycling	Cycling				
20:00	20:55	1	Zumba	Yoga	TOTALBARRA	Body Combat			
20:00	20:55	ZONA CROSS-MET	CROSS-MET		CROSS-MET				
21:00	21:55	1		Body Pump	Fitness Condition	Yoga			

■ 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>