

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 Virtual		Cycling		Cycling Virtual		
07:00	07:55	1	Body Pump	Body Combat		Fitness Condition			
07:15	08:00	2 CYCLING		Cycling		CYCLING TEST FTP			
07:15	08:10	ZONA CROSS-MET			CROSS-MET				
07:30	07:55	1			ABD + Stretch				
07:30	07:55	ZONA CROSS-MET	Cross-Hiit 30'	GLOBAL TRAINING		GLOBAL TRAINING			
07:45	08:30	2 CYCLING	Cycling				Cycling		
08:00	08:25	1	ABD + Stretch						
08:00	08:55	1		Fitness Condition		Pilates Stretch			
09:00	09:45	2 CYCLING		Cycling		CYCLING TEST FTP			
09:00	09:55	1	Fitness Condition	Body Pump	Tonificación	Body Combat	Fitness Condition		
09:10	09:55	2 CYCLING						Cycling Virtual	Cycling Virtual
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	OUTDOOR			PADEL CONDITION				
10:00	10:55	1	Espalda Sana		GAP		Tonificación		
10:00	11:25	1		Yoga		Yoga			
10:30	11:25	1						Yoga	Pilates Stretch
10:45	11:40	ZONA CROSS-MET						CROSS-MET	
11:00	11:45	2 CYCLING		Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling	Cycling
11:00	11:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM		AQUAGYM		
11:00	11:55	1	Tonificación		Espalda Sana		Aero Latino		
11:30	12:25	1		Zumba		TONO-STRETCH			Fitness Condition
11:45	12:10	ZONA CROSS-MET						Cross-Hiit 30'	
12:00	12:45	SPA	AQUAGYM		AQUAGYM		AQUAGYM		
12:00	12:55	1	Pilates Stretch		Fitness Condition		Pilates Stretch	Zumba	
12:30	13:25	1							Pilates Stretch
13:00	13:55	1	TONO-STRETCH					Body Pump	
13:30	14:25	1							Fitness Condition
14:00	14:25	1	GAP30	ABD + Stretch	GAP30	ABD + Stretch			
14:30	14:55	ZONA CROSS-MET	Cross-Hiit 30'		Suspension Training				
14:30	15:15	2 CYCLING	Cycling	Cycling	Cycling	CYCLING TEST FTP	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	STRETCHING	Yoga	Body Pump	Fitness Condition	Pilates Stretch		
17:00	17:55	1	Body Pump	TOTALBARRA	Yoga	TOTALBARRA			
18:00	18:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
18:00	18:55	1	GAP	Espalda Sana	Fitness Condition	Pilates Stretch			
18:30	19:15	2 CYCLING						Cycling	Cycling
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	CYCLING TEST FTP			
19:00	19:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM			
19:00	19:55	1	Body Pump	Body Combat	STRETCHING	Fitness Condition			
19:00	19:55	ZONA CROSS-MET		CROSS-MET		CROSS-MET			
19:30	19:55	ZONA CROSS-MET	GLOBAL TRAINING		GLOBAL TRAINING				
19:30	20:15	2 CYCLING					Cycling	Cycling Virtual	Cycling Virtual
19:30	20:25	OUTDOOR	Running Club						
19:30	20:25	1					Fitness Condition	Fitness Condition	Fitness Condition
20:00	20:25	ZONA CROSS-MET		GAP30		Cross-Hiit 30'			
20:00	20:45	2 CYCLING	Cycling	Cycling	Cycling	CYCLING TEST FTP			
20:00	20:55	1	Zumba	Yoga	Aero Latino	Body Pump			
20:00	20:55	ZONA CROSS-MET	CROSS-MET		CROSS-MET				
21:00	21:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			
21:00	21:55	1		Zumba	GAP	Yoga			

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>