

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				
07:00	07:55	1	Body Pump	Body Combat					
07:15	08:00	2 CYCLING		Cycling					
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					
07:45	08:30	2 CYCLING	Cycling						
08:00	08:25	1	ABD + Stretch						
08:00	08:55	1		Fitness Condition					
09:00	09:45	2 CYCLING		Cycling					
09:00	09:55	1	Fitness Condition	Body Pump	Tonificación				
09:10	09:55	2 CYCLING				Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
09:30	10:25	1				Yoga		Yoga	
10:00	10:45	2 CYCLING	Cycling			Cycling	Cycling	Cycling	Cycling
10:00	10:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM				
10:00	10:55	OUTDOOR			PADEL CONDITION				
10:00	10:55	1	Espalda Sana		TOTALBARRA				
10:00	11:25	1		Yoga					
10:30	11:25	1				Yoga	Pilates Stretch	Yoga	Pilates Stretch
10:45	11:40	ZONA CROSS-MET				CROSS-MET		CROSS-MET	
11:00	11:45	2 CYCLING		Cycling Virtual	Cycling	Cycling	Cycling	Cycling	Cycling
11:00	11:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM				
11:00	11:55	1	Tonificación		Espalda Sana				
11:30	12:25	1		Zumba			Fitness Condition		Fitness Condition
12:00	12:45	SPA	AQUAGYM		AQUAGYM				
12:00	12:55	1	Pilates Stretch		Fitness Condition	Zumba		Zumba	
12:30	13:25	1					Pilates Stretch		Pilates Stretch
13:00	13:55	1	TONO-STRETCH			Body Pump		Body Pump	
13:30	14:25	1					Fitness Condition		Fitness Condition
14:00	14:25	1	GAP30	ABD + Stretch	GAP30				
14:30	14:55	ZONA CROSS-MET	Cross-Hiit 30'		Suspension Training				
14:30	15:15	2 CYCLING	Cycling	Cycling	Cycling				
14:30	15:25	OUTDOOR	Running Club		Running Club				
14:30	15:25	1	Aero Latino	Fitness Condition	Body Combat				
14:30	15:25	ZONA CROSS-MET		CROSS-MET					
15:30	16:25	1	STRETCHING	Yoga	Body Pump				
17:00	17:55	1	Body Pump	TOTALBARRA	Yoga				
18:00	18:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual				
18:00	18:55	1	GAP	Espalda Sana	Fitness Condition				
18:30	19:15	2 CYCLING				Cycling	Cycling	Cycling	Cycling
19:00	19:45	2 CYCLING	Cycling	Cycling	Cycling				
19:00	19:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM				
19:00	19:55	1	Body Pump	Body Combat	STRETCHING				
19:00	19:55	ZONA CROSS-MET		CROSS-MET					
19:30	19:55	ZONA CROSS-MET	GLOBAL TRAINING		GLOBAL TRAINING				
19:30	20:15	2 CYCLING				Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
19:30	20:25	OUTDOOR	Running Club						
19:30	20:25	1				Fitness Condition	Fitness Condition	Fitness Condition	Fitness Condition
20:00	20:25	ZONA CROSS-MET		GAP30					
20:00	20:45	2 CYCLING	Cycling	Cycling	Cycling				
20:00	20:55	1	Zumba	Yoga	Aero Latino				
20:00	20:55	ZONA CROSS-MET	CROSS-MET		CROSS-MET				
21:00	21:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual				
21:00	21:55	1		Zumba	GAP				

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>