

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		Fitness Condition			
07:15	08:00	2 CYCLING		Cycling		Cycling			
07:15	08:10	ZONA CROSS-MET			CROSS-MET				
07:30	07:55	ZONA CROSS-MET	Cross-Hiit 30'	GLOBAL TRAINING		GLOBAL TRAINING			
07:45	08:30	2 CYCLING	Cycling						
08:00	08:55	1		Fitness Condition		Pilates Stretch			
09:00	09:45	2 CYCLING		Cycling		Cycling			
09:00	09:55	1	Fitness Condition	Body Pump	Tonificación	Body Combat			
09:10	09:55	2 CYCLING					Cycling Virtual	Cycling Virtual	Cycling Virtual
09:30	10:25	1						Yoga	
10:00	10:45	2 CYCLING					Cycling	Cycling	
10:00	10:45	SPA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM			
10:00	10:55	OUTDOOR			PADEL CONDITION GAP				
10:00	10:55	1	Espalda Sana						
10:00	11:25	1		Yoga		Yoga			
10:00	11:30	2 CYCLING							MASTERCLASS TOUR DE FRANCIA 2025
10:30	11:25	1					Pilates Stretch	Yoga	Pilates Stretch
10:45	11:40	ZONA CROSS-MET						CROSS-MET	
11:00	11:45	2 CYCLING		Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling	
11:00	11:45	SPA		AQUAGYM					
11:00	11:55	1	Tonificación		Espalda Sana				
11:30	12:25	1		Zumba		TONO-STRETCH	Fitness Condition		Fitness Condition
12:00	12:45	SPA	AQUAGYM		AQUAGYM				
12:00	12:55	1	Pilates Stretch					Zumba	
12:30	13:25	1					Pilates Stretch		Pilates Stretch
13:00	13:55	1	TONO-STRETCH					Body Pump	
13:30	14:25	1					Fitness Condition		Fitness Condition
14:00	14:25	1	GAP30	ABD + Stretch	GAP30	ABD + Stretch			
14:30	15:15	2 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			
14:30	15:25	ZONA CROSS-MET		CROSS-MET		CROSS-MET			
15:30	16:25	1	STRETCHING	Yoga	Body Pump	Fitness Condition			
18:00	18:45	2 CYCLING	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 Virtual	Cycling Virtual	Cycling Virtual
19:00	19:45	2 CYCLING	Cycling	Cycling	Cycling	Cycling			
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						
19:30	20:00	1					GAP30	ABD + Stretch	GAP30
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	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				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>