

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual		
07:15	08:10	1		Fitness Condition		Tonificación			
07:30	08:00	BODYMIND					MINDFULNESS		
08:00	08:15	FITNESS	Abdominales		Abdominales	Abdominales			
08:00	08:45	HIIT			HBX BOXING				
08:00	08:55	PISCINA		Swimming Club					
08:00	08:55	BODYMIND		Yoga Flow			Yoga		
08:15	08:45	PISCINA				SWIMMING CLUB 30			
09:00	09:45	2 CYCLING						Cycling Virtual	Cycling Virtual
09:00	09:55	1		Zumba		Zumba			
09:00	09:55	BODYMIND			Espalda Sana	Espalda Sana		Pilates Stretch	
10:00	10:30	CROSS-MET						CROSS-MET 30	CROSS-MET 30
10:00	10:45	2 CYCLING							Cycling
10:00	10:55	1		Tonificación	Body Pump	Fitness Condition			
10:00	10:55	BODYMIND	Pilates Stretch	STRETCHING	PILATES STRONG		Pilates Stretch	POWER YOGA	
10:15	11:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
10:30	10:45	FITNESS						GAP EXPRESS	Abdominales
11:00	11:30	FITNESS		HYPER STRETCH		HYPER STRETCH			
11:00	11:55	1	Fitness Condition				Body Pump	Body Pump	Fitness Condition
11:00	11:55	BODYMIND		STRETCHING		STRETCHING			
12:00	12:15	FITNESS		Abdominales	Abdominales	Abdominales			
12:00	12:30	CROSS-MET	CROSS-MET 30						
12:00	12:30	PISCINA							SWIMMING CLUB 30
12:00	12:45	2 CYCLING						Cycling	
12:00	12:55	BODYMIND							Pilates Stretch
12:30	13:20	PISCINA	Aqua-Aerobic	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Circuit		
13:00	13:15	FITNESS	Abdominales	Abdominales	Abdominales		Abdominales		
13:00	13:30	FITNESS						HYPER STRETCH	
13:00	13:45	2 CYCLING		CYCLING VIRTUAL ENG		CYCLING VIRTUAL ENG			
13:15	14:00	2 CYCLING	Cycling Virtual		Cycling Virtual		Cycling Virtual		
13:45	14:00	FITNESS							Abdominales
14:00	14:30	FITNESS	HYPER STRETCH		HYPER STRETCH		HYPER STRETCH		
14:00	14:30	PISCINA						SWIMMING CLUB 30	
14:00	14:55	PISCINA		Swimming Club	Swimming Club	Swimming Club			
14:00	14:55	BODYMIND			Pilates Stretch	Espalda Sana			
14:15	15:00	CROSS-MET	Suspension Training		CROSS-MET 45				
14:15	15:00	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
14:15	15:10	1	Zumba	Body Pump		Body Combat			
14:15	15:10	BODYMIND		Yoga					
14:30	15:25	1					Zumba		
15:00	15:15	FITNESS	Abdominales		Abdominales		Abdominales		
15:15	15:30	FITNESS		Abdominales		Abdominales			
15:15	16:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
16:15	17:00	2 CYCLING	CYCLING VIRTUAL ENG	Cycling Virtual	CYCLING VIRTUAL ENG	Cycling Virtual	CYCLING VIRTUAL ENG	Cycling Virtual	Cycling Virtual
17:00	17:30	CROSS-MET	CROSS-MET 30		CROSS-MET 30		CROSS-MET 30		
17:00	17:55	1		Tonificación	Fitness Condition	GAP	Body Pump		
17:15	17:30	FITNESS		Abdominales		Abdominales			Abdominales
17:15	18:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
17:30	17:45	FITNESS	Abdominales		Abdominales				
17:30	18:15	HIIT					HBX Round		
17:30	18:25	1	Zumba						
17:30	18:25	BODYMIND	Espalda Sana						
17:30	18:30	BODYMIND			Pilates Stretch				
18:00	18:30	FITNESS	HYPER STRETCH	HYPER STRETCH		HYPER STRETCH			
18:00	18:45	HIIT	HBX BOXING		HBX Round				
18:00	18:55	1		Zumba	Body Combat	Zumba	Tonificación		
18:15	19:00	CROSS-MET		Suspension Training	Body Pump	Suspension Training	Suspension Training		
18:15	19:00	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
18:30	19:00	CROSS-MET						CROSS-MET 30	CROSS-MET 30
18:30	19:25	1	Body Pump						
18:30	19:25	BODYMIND	Espalda Sana	Pilates Stretch		Body-Balance	Yoga		
18:45	19:30	CROSS-MET	CROSS-MET 45		CROSS-MET 45				
19:00	19:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
19:00	19:30	PISCINA			AQUAGYM-30				
19:00	19:45	HIIT		CROSS-HIIT LOW BODY	CROSS-HIIT FULL BODY	HBX BOXING	CROSS-HIIT FULL BODY		
19:00	19:50	PISCINA	Aqua-Gym	Aqua-Aerobic		Aqua-Gym			
19:00	19:55	1		GAP	Zumba	Body Pump	Body Combat		
19:15	20:00	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual
19:30	20:00	CROSS-MET						CROSS-MET 30	
19:30	20:15	CROSS-MET	Suspension Training	CROSS-MET 45		CROSS-MET 45			
19:30	20:25	OUTDOOR	Running Club		Running Club				
19:30	20:25	1	Body Combat						
19:30	20:25	BODYMIND	Body-Balance	PILATES STRONG	Espalda Sana	Yoga			
19:45	20:30	HIIT		HBX BOXING					
20:00	20:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
20:00	20:30	PISCINA	SWIMMING CLUB 30		SWIMMING CLUB 30		SWIMMING CLUB 30		
20:00	20:55	1		Body Pump	Tonificación	Zumba			
20:15	21:00	2 CYCLING	Cycling	Cycling	Cycling	Cycling Virtual		Cycling Virtual	
20:30	21:15	BODYMIND		MINDFULNESS	MINDFULNESS				
20:30	21:25	1	GAP						
20:30	21:25	BODYMIND	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>