

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Miércoles
07:15	08:00	2 CYCLING	Cycling
08:00	08:15	FITNESS	Abdominales
08:00	08:45	HIIT	HBX BOXING
08:45	09:00	FITNESS	GAP EXPRESS
09:00	09:15	FITNESS	KettleMET
10:00	11:00	1	Body Pump
10:15	11:00	2 CYCLING	Cycling Virtual
11:00	12:00	1	Zumba
12:00	12:15	FITNESS	Abdominales
12:30	13:20	PISCINA	Aqua-Gym
13:00	13:15	FITNESS	Abdominales
13:15	14:00	2 CYCLING	Cycling Virtual
14:00	15:00	PISCINA	SWIMMING CLUB 30
14:00	15:00	1	Pilates Stretch
14:15	15:00	CROSS-MET	CROSS-MET 45
14:15	15:00	2 CYCLING	Cycling
15:00	15:15	FITNESS	Abdominales
15:15	16:00	2 CYCLING	Cycling Virtual
16:15	17:00	2 CYCLING	Cycling Virtual
17:00	17:30	FITNESS	CROSS-HIIT 30
17:15	18:00	2 CYCLING	Cycling Virtual
17:30	17:45	FITNESS	Abdominales
17:30	18:30	1	Pilates Stretch
18:00	18:30	FITNESS	HIPOPRESIVOS
18:15	19:00	2 CYCLING	Cycling
18:30	19:30	1	Body Pump
18:45	19:30	CROSS-MET	CROSS-MET 45
19:00	19:15	FITNESS	Abdominales
19:15	19:30	FITNESS	KettleMET
19:15	20:00	2 CYCLING	Cycling
19:15	20:15	HIIT	Espalda Sana
19:30	20:30	OUTDOOR	Running Club
19:30	20:30	1	Zumba
19:45	20:15	CROSS-MET	Suspension Training
20:00	20:15	FITNESS	Abdominales
20:00	20:30	PISCINA	SWIMMING CLUB 30
20:15	21:00	2 CYCLING	Cycling
20:15	21:15	HIIT	BODY BALANCE_
20:30	21:30	1	Body Combat

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>