

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio                                                                                              | Final | Sala      | Viernes             |
|-----------------------------------------------------------------------------------------------------|-------|-----------|---------------------|
| 07:15                                                                                               | 08:00 | 2 CYCLING | Cycling Virtual     |
| 08:00                                                                                               | 08:15 | FITNESS   | Abdominales         |
| 08:00                                                                                               | 09:00 | HIIT      | Yoga                |
| 08:45                                                                                               | 09:00 | FITNESS   | GAP EXPRESS         |
| 09:00                                                                                               | 09:15 | FITNESS   | KettleMET           |
| 10:00                                                                                               | 11:00 | 1         | Pilates Stretch     |
| 10:15                                                                                               | 11:00 | 2 CYCLING | Cycling Virtual     |
| 11:00                                                                                               | 12:00 | 1         | Body Pump           |
| 12:00                                                                                               | 12:15 | FITNESS   | Abdominales         |
| 12:30                                                                                               | 13:20 | PISCINA   | Aqua-Circuit        |
| 13:00                                                                                               | 13:15 | FITNESS   | Abdominales         |
| 13:15                                                                                               | 14:00 | 2 CYCLING | Cycling Virtual     |
| 14:15                                                                                               | 14:30 | FITNESS   | KettleMET           |
| 14:15                                                                                               | 15:00 | 2 CYCLING | Cycling             |
| 14:30                                                                                               | 15:30 | 1         | Zumba               |
| 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                                                                                               | 18:15 | HIIT      | HBX BOXING          |
| 17:30                                                                                               | 18:30 | 1         | Body Pump           |
| 18:15                                                                                               | 19:00 | 2 CYCLING | Cycling Virtual     |
| 18:15                                                                                               | 19:15 | HIIT      | Yoga                |
| 18:30                                                                                               | 19:00 | CROSS-MET | Suspension Training |
| 18:30                                                                                               | 19:30 | 1         | Zumba               |
| 19:00                                                                                               | 19:15 | FITNESS   | Abdominales         |
| 19:15                                                                                               | 19:30 | FITNESS   | KettleMET           |
| 19:15                                                                                               | 20:00 | 2 CYCLING | Cycling             |
| 19:30                                                                                               | 20:30 | 1         | Body Combat         |
| 20:00                                                                                               | 20:15 | FITNESS   | Abdominales         |
| 20:00                                                                                               | 20:30 | PISCINA   | SWIMMING CLUB 30    |
| 20:15                                                                                               | 21:00 | 2 CYCLING | Cycling Virtual     |
| 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://clubmetropolitan.com>