

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
17:30	17:45	FITNESS	Abdominales
17:30	18:15	HIIT	HBX BOXING
17:30	18:30	1	Body Pump
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>