

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	08:15	1		Fitness Condition		GAP			
08:00	08:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
08:00	08:45	HIIT			HBX BOXING				
08:00	09:00	HIIT		Yoga			Yoga		
08:15	08:45	PISCINA		SWIMMING CLUB 30		SWIMMING CLUB 30			
08:45	09:00	FITNESS	GAP EXPRESS	Abdominales	GAP EXPRESS	Abdominales	GAP EXPRESS		
09:00	09:45	2 CYCLING						Cycling Virtual	Cycling Virtual
09:00	10:00	1	Body Pump	Zumba	ESPALDA SANA	Zumba			
10:00	10:15	FITNESS	KettleMET	MIO-STRETCH	KettleMET	MIO-STRETCH	KettleMET		
10:00	10:30	FITNESS							CROSS-HIIT 30
10:00	11:00	1	Pilates Stretch	Tonificación	Body Pump	Fitness Condition	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	12:00	1	Fitness Condition	STRETCHING	Body Combat	STRETCHING	Body Pump	Body Pump	Fitness Condition
12:00	12:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	KettleMET	KettleMET
12:00	12:30	PISCINA							SWIMMING CLUB 30
12:00	12:45	2 CYCLING						Cycling	
12:00	13:00	1							Body-Balance
12:30	13:20	PISCINA	Aqua-Aerobic	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Circuit		
13:00	13:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
13:00	13:45	2 CYCLING							Cycling
13:15	14:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
14:00	14:30	PISCINA		SWIMMING CLUB 30	SWIMMING CLUB 30	SWIMMING CLUB 30		SWIMMING CLUB 30	
14:00	15:00	PISCINA							
14:00	15:00	1	Zumba		Pilates Stretch	Body Combat			
14:15	14:30	FITNESS					KettleMET		
14:15	14:45	CROSS-MET	Suspension Training						
14:15	15:00	CROSS-MET			CROSS-MET 45				
14:15	15:00	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
14:15	15:15	1		Body Pump					
14:30	15:00	CROSS-MET				Suspension Training			
14:30	15:15	HIIT		HBX BOXING					
14:30	15:30	1					Zumba		
15:00	15:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
15:15	15:30	FITNESS		MIO-STRETCH		Stretching 15'			
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	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
17:00	17:15	FITNESS		KettleMET		KettleMET			
17:00	17:30	FITNESS	CROSS-HIIT 30		CROSS-HIIT 30		CROSS-HIIT 30		
17:15	17:30	FITNESS		Abdominales		Abdominales		KettleMET	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	Stretching 15'	Abdominales	MIO-STRETCH	Abdominales		
17:30	18:15	HIIT					HBX BOXING		
17:30	18:30	1	Zumba	Tonificación	Pilates Stretch	GAP	Body Pump		
18:00	18:30	FITNESS	HIOPRESIVOS		HIOPRESIVOS				
18:00	18:45	HIIT	HBX BOXING						
18:00	19:00	1						Body Pump	
18:15	19:00	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
18:15	19:15	HIIT					Yoga		
18:30	19:00	CROSS-MET		Suspension Training		Suspension Training	Suspension Training		
18:30	19:00	FITNESS							CROSS-MET 30
18:30	19:30	1	Body Pump	Zumba	Body Pump	Body-Balance	Zumba		
18:30	19:30	HIIT		PILATES-STRETCH					
18:45	19:30	CROSS-MET	CROSS-MET 45		CROSS-MET 45				
19:00	19:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
19:00	19:45	CROSS-MET		Cross-Hiit 45'		Cross-Hiit 45'			
19:00	19:45	1						HBX BOXING	
19:00	19:50	PISCINA	Aqua-Gym	Aqua-Aerobic		Aqua-Gym			
19:15	19:30	FITNESS	KettleMET	GAP EXPRESS	KettleMET	GAP EXPRESS	KettleMET		
19:15	20:00	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual
19:15	20:15	HIIT	BODY BALANCE		Espalda Sana				
19:30	19:45	FITNESS							KettleMET
19:30	20:00	FITNESS						CROSS-HIIT 30	
19:30	20:30	OUTDOOR	Running Club		Running Club				
19:30	20:30	1	Body Combat	Pilates Stretch	Zumba	Body Pump	Body Combat		
19:45	20:15	CROSS-MET	Suspension Training		Suspension Training				
19:45	20:30	HIIT		HBX BOXING		HBX BOXING			
20:00	20:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	
20:00	20:30	PISCINA	SWIMMING CLUB 30		SWIMMING CLUB 30		SWIMMING CLUB 30		
20:15	21:00	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual	
20:15	21:15	HIIT	GAP		BODY BALANCE				
20:30	21:30	1	POWER YOGA	Body Pump	Body Combat	Zumba			
20:30	21:30	HIIT				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://clubmetropolitan.com>