

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   |                     | GAP                   |                      |                             |                   |
| 08:00  | 08:15 | FITNESS   | Abdominales         |                     | Abdominales         | Abdominales           |                      |                             |                   |
| 08:00  | 08:45 | HIIT      |                     |                     | HBX BOXING          |                       |                      |                             |                   |
| 08:00  | 08:55 | BODYMIND  |                     | Yoga Flow           |                     |                       | Yoga                 |                             |                   |
| 08:15  | 08:45 | PISCINA   |                     | SWIMMING CLUB 30    |                     | 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        |                       |                      | 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     |                     | PILATES STRONG      |                       | Pilates Stretch      | POWER YOGA                  |                   |
| 10:00  | 11:30 | 2 CYCLING |                     |                     |                     |                       |                      | MASTER TOUR DE FRANCIA 2025 |                   |
| 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  | 11:15 | FITNESS   |                     | MIO-STRETCH         |                     | MIO-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  | 12:55 | 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           | Abdominales          | Abdominales                 |                   |
| 13:15  | 14:00 | 2 CYCLING | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual       | Cycling Virtual      |                             |                   |
| 13:45  | 14:00 | FITNESS   |                     |                     |                     |                       |                      |                             | Abdominales       |
| 14:00  | 14:25 | PISCINA   |                     | Swimming Club       | Swimming Club       | Swimming Club         |                      |                             |                   |
| 14:00  | 14:30 | PISCINA   |                     |                     |                     |                       |                      | SWIMMING CLUB 30            |                   |
| 14:00  | 14:55 | 1         | Zumba               |                     |                     |                       |                      |                             |                   |
| 14:00  | 14:55 | BODYMIND  |                     |                     | Pilates Stretch     |                       |                      |                             |                   |
| 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         |                     | Body Pump           |                     | Body Combat           |                      |                             |                   |
| 14:15  | 15:10 | BODYMIND  |                     | Yoga                |                     |                       |                      |                             |                   |
| 14:30  | 15:25 | 1         |                     |                     |                     |                       | Zumba                |                             |                   |
| 15:00  | 15:15 | FITNESS   | Abdominales         | Abdominales         | Abdominales         | 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     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual       | Cycling Virtual      | Cycling Virtual             | Cycling Virtual   |
| 17:00  | 17:15 | FITNESS   |                     | KettleMET           |                     | KettleMET             |                      |                             |                   |
| 17:00  | 17:30 | CROSS-MET | CROSS-MET 30        |                     | CROSS-MET 30        |                       | CROSS-MET 30         |                             |                   |
| 17:00  | 17:55 | 1         |                     | Tonificación        |                     | GAP                   |                      |                             |                   |
| 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         |                       | Abdominales          |                             |                   |
| 17:30  | 18:15 | HIIT      |                     |                     |                     |                       | HBX BOXING           |                             |                   |
| 17:30  | 18:25 | 1         | Zumba               |                     | Fitness Condition   |                       | Body Pump            |                             |                   |
| 17:30  | 18:30 | BODYMIND  |                     |                     | Pilates Stretch     |                       |                      |                             |                   |
| 18:00  | 18:45 | HIIT      | HBX BOXING          |                     | HBX BOXING          |                       |                      |                             |                   |
| 18:00  | 18:55 | 1         |                     | Zumba               |                     | Body Combat           |                      | Tonificación                |                   |
| 18:15  | 18:30 | FITNESS   | MIO-STRETCH         |                     |                     | MIO-STRETCH           |                      |                             |                   |
| 18:15  | 19:00 | CROSS-MET |                     | Suspension Training |                     |                       | Suspension Training  |                             |                   |
| 18:15  | 19:00 | 2 CYCLING | Cycling             | Cycling Virtual     | Cycling             | Cycling Virtual       | Cycling Virtual      | Cycling Virtual             | Cycling Virtual   |
| 18:15  | 19:10 | BODYMIND  |                     |                     |                     |                       | Yoga                 |                             |                   |
| 18:30  | 19:00 | CROSS-MET |                     |                     |                     |                       |                      |                             | CROSS-MET 30      |
| 18:30  | 19:15 | CROSS-MET |                     |                     |                     | Suspension Training   |                      |                             |                   |
| 18:30  | 19:25 | 1         | Body Pump           |                     | Body Pump           |                       | Zumba                |                             |                   |
| 18:30  | 19:25 | BODYMIND  | Espalda Sana        | Pilates Stretch     |                     | Body-Balance          |                      |                             |                   |
| 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-MET 45        |                     |                       |                      |                             |                   |
| 19:00  | 19:45 | HIIT      |                     | CROSS-HIIT LOW BODY |                     | CROSS-HIIT UPPER BODY | CROSS-HIIT FULL BODY |                             |                   |
| 19:00  | 19:50 | PISCINA   | Aqua-Gym            | Aqua-Aerobic        |                     | Aqua-Gym              |                      |                             |                   |
| 19:00  | 19:55 | 1         |                     | GAP                 |                     | Body Pump             |                      |                             |                   |
| 19:15  | 19:30 | FITNESS   |                     |                     | KettleMET           |                       |                      |                             |                   |
| 19:15  | 20:00 | 2 CYCLING | Cycling             | Cycling             | Cycling             | Cycling               | Cycling              | Cycling Virtual             | Cycling Virtual   |
| 19:15  | 20:10 | BODYMIND  |                     |                     | Espalda Sana        |                       |                      |                             |                   |
| 19:30  | 19:45 | FITNESS   | MIO-STRETCH         |                     | MIO-STRETCH         |                       |                      |                             |                   |
| 19:30  | 20:00 | CROSS-MET |                     |                     |                     |                       |                      | CROSS-MET 30                |                   |
| 19:30  | 20:15 | CROSS-MET | Suspension Training |                     | Suspension Training | CROSS-MET 45          |                      |                             |                   |
| 19:30  | 20:25 | 1         | Body Combat         |                     | Body Combat         |                       | Body Combat          |                             |                   |
| 19:30  | 20:25 | BODYMIND  | Body-Balance        | PILATES STRONG      |                     |                       |                      |                             |                   |
| 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     |                             |                   |
| 20:00  | 20:55 | 1         |                     | Body Pump           |                     | Zumba                 |                      |                             |                   |
| 20:15  | 21:00 | 2 CYCLING | Cycling             | Cycling             | Cycling             | Cycling               |                      | Cycling Virtual             |                   |
| 20:15  | 21:10 | BODYMIND  |                     |                     | Yoga                |                       |                      |                             |                   |
| 20:30  | 20:45 | FITNESS   |                     | MIO-STRETCH         |                     | MIO-STRETCH           |                      |                             |                   |
| 20:30  | 21:25 | 1         | GAP                 |                     | Tonificación        |                       |                      |                             |                   |
| 20:30  | 21:25 | BODYMIND  | Yoga                |                     |                     | 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>