

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Viernes          |
|--------|-------|-----------|------------------|
| 07:15  | 07:35 | FITNESS   | Test Biocircuit  |
| 07:15  | 08:00 | 2 CYCLING | Cycling Virtual  |
| 09:00  | 09:20 | FITNESS   | Test Biocircuit  |
| 10:00  | 11:00 | 1         | Pilates Stretch  |
| 10:15  | 11:00 | 2 CYCLING | Cycling Virtual  |
| 11:00  | 11:20 | FITNESS   | Test Biocircuit  |
| 11:00  | 12:00 | 1         | Body Pump        |
| 12:15  | 12:35 | FITNESS   | Test Biocircuit  |
| 12:30  | 13:20 | PISCINA   | Aqua-Circuit     |
| 13:00  | 13:15 | FITNESS   | Abdominales      |
| 13:15  | 14:00 | 2 CYCLING | Cycling Virtual  |
| 14:00  | 14:20 | FITNESS   | Test Biocircuit  |
| 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 | CROSS-MET | CROSS-HIIT 30    |
| 17:15  | 18:00 | 2 CYCLING | Cycling Virtual  |
| 17:30  | 17:45 | FITNESS   | Abdominales      |
| 17:30  | 18:30 | 1         | Body Pump        |
| 18:00  | 18:20 | FITNESS   | Test Biocircuit  |
| 18:15  | 19:00 | 2 CYCLING | Cycling Virtual  |
| 18:30  | 19:30 | 1         | Body Combat      |
| 19:00  | 19:15 | FITNESS   | Abdominales      |
| 19:15  | 19:35 | FITNESS   | Test Biocircuit  |
| 19:15  | 20:00 | 2 CYCLING | Cycling          |
| 20:00  | 20:15 | FITNESS   | Abdominales      |
| 20:00  | 20:30 | PISCINA   | SWIMMING CLUB 30 |
| 20:15  | 20:35 | FITNESS   | Test Biocircuit  |
| 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>