

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Martes              |
|--------|-------|-----------|---------------------|
| 07:15  | 08:00 | 2 CYCLING | Cycling Virtual     |
| 07:15  | 08:15 | 1         | Fitness Condition   |
| 08:00  | 09:00 | BODYMIND  | Yoga Flow           |
| 08:15  | 08:45 | PISCINA   | SWIMMING CLUB 30    |
| 09:00  | 10:00 | 1         | Zumba               |
| 10:00  | 11:00 | 1         | Tonificación        |
| 10:15  | 11:00 | 2 CYCLING | Cycling Virtual     |
| 11:00  | 12:00 | BODYMIND  | STRETCHING          |
| 12:00  | 12:15 | FITNESS   | Abdominales         |
| 12:30  | 13:20 | PISCINA   | Aqua-Gym            |
| 13:00  | 13:15 | FITNESS   | Abdominales         |
| 13:15  | 14:00 | 2 CYCLING | Cycling Virtual     |
| 14:00  | 15:00 | PISCINA   | Swimming Club       |
| 14:15  | 15:00 | 2 CYCLING | Cycling Virtual     |
| 14:15  | 15:15 | 1         | Body Pump           |
| 14:15  | 15:15 | BODYMIND  | Yoga                |
| 15:00  | 15:15 | FITNESS   | Abdominales         |
| 15:15  | 16:00 | 2 CYCLING | Cycling Virtual     |
| 16:15  | 17:00 | 2 CYCLING | Cycling Virtual     |
| 17:00  | 17:15 | FITNESS   | KettleMET           |
| 17:15  | 17:30 | FITNESS   | Abdominales         |
| 17:15  | 18:00 | 2 CYCLING | Cycling Virtual     |
| 17:30  | 18:30 | 1         | Tonificación        |
| 18:15  | 19:00 | 2 CYCLING | Cycling Virtual     |
| 18:30  | 19:00 | CROSS-MET | Suspension Training |
| 18:30  | 19:30 | 1         | Zumba               |
| 18:30  | 19:30 | BODYMIND  | Pilates Stretch     |
| 19:00  | 19:15 | FITNESS   | Abdominales         |
| 19:00  | 19:45 | CROSS-MET | Cross-Hiit 45'      |
| 19:00  | 19:50 | PISCINA   | Aqua-Aerobic        |
| 19:15  | 20:00 | 2 CYCLING | Cycling             |
| 19:30  | 20:30 | 1         | GAP                 |
| 19:30  | 20:30 | BODYMIND  | PILATES STRONG      |
| 19:45  | 20:30 | HIIT      | HBX BOXING          |
| 20:00  | 20:15 | FITNESS   | Abdominales         |
| 20:15  | 21:00 | 2 CYCLING | Cycling             |
| 20:30  | 21:30 | 1         | Body Pump           |
| 20:30  | 21:30 | BODYMIND  | STRETCHING          |

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>