

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 Virtual	Cycling	Cycling Virtual	Cycling Virtual		
07:15	08:10	1		Fitness Condition		GAP			
08:00	08:15	FITNESS			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	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	CROSS-MET 30
10:00	10:45	2 CYCLING	Cycling						Cycling
10:00	10:55	1		Tonificación	Body Pump	Fitness Condition			
10:00	10:55	BODYMIND			PILATES STRONG		Pilates Stretch	POWER YOGA	
10:15	11:00	2 CYCLING		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
10:30	10:45	FITNESS	Abdominales					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	PISCINA	SWIMMING CLUB 30						SWIMMING CLUB 30
12:00	12:45	2 CYCLING						Cycling	
12:00	12:55	BODYMIND	Pilates Stretch						Pilates Stretch
12:30	13:20	PISCINA		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		
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	BODYMIND			Pilates Stretch				
14:15	15:00	CROSS-MET			CROSS-MET 45				
14:15	15:00	2 CYCLING	Cycling Virtual	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		
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		
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		
17:30	18:15	HIIT					HBX BOXING		
17:30	18:25	1			Fitness Condition		Body Pump		
17:30	18:30	BODYMIND			Pilates Stretch				
18:00	18:45	HIIT			HBX BOXING				
18:00	18:55	1		Zumba		Body Combat		Tonificación	
18:00	19:30	CROSS-MET			CROSS-MET 45				
18:15	18:30	FITNESS				MIO-STRETCH			
18:15	19:00	CROSS-MET		Suspension Training			Suspension Training		
18:15	19:00	2 CYCLING	Cycling Virtual	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						CROSS-MET 30
18:30	19:15	CROSS-MET				Suspension Training			
18:30	19:25	1			Body Pump		Zumba		
18:30	19:25	BODYMIND		Pilates Stretch		Body-Balance			
19:00	19:15	FITNESS		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-Aerobic		Aqua-Gym			
19:00	19:55	1		GAP		Body Pump			
19:15	19:30	FITNESS			KettleMET				
19:15	20:00	2 CYCLING	Cycling Virtual	Cycling		Cycling	Cycling	Cycling Virtual	Cycling Virtual
19:15	20:10	BODYMIND			Espalda Sana				
19:30	19:45	FITNESS	KettleMET		MIO-STRETCH				
19:30	20:00	CROSS-MET						CROSS-MET 30	
19:30	20:15	CROSS-MET			Suspension Training	CROSS-MET 45			
19:30	20:25	OUTDOOR			RUNNING CLUB-SKY RUN				
19:30	20:25	1			Body Combat		Body Combat		
19:30	20:25	BODYMIND		PILATES STRONG					
19:45	20:30	HIIT		HBX BOXING		HBX BOXING			
20:00	20:15	FITNESS		Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	
20:00	20:30	PISCINA			SWIMMING CLUB 30		SWIMMING CLUB 30		
20:00	20:55	1		Body Pump		Zumba			
20:15	21:00	2 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			Tonificación				
20:30	21:25	BODYMIND				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>