

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Jueves
07:15	08:00	2 CYCLING	Cycling Virtual
07:15	08:10	1	GAP
08:00	08:15	FITNESS	Abdominales
08:15	08:45	PISCINA	SWIMMING CLUB 30
09:00	09:55	1	Zumba
10:00	10:55	1	Fitness Condition
10:15	11:00	2 CYCLING	Cycling Virtual
11:00	11:15	FITNESS	MIO-STRETCH
11:00	11:55	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	14:25	PISCINA	Swimming Club
14:15	15:00	2 CYCLING	Cycling Virtual
14:15	15:10	1	Body Combat
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
17:00	17:55	1	GAP
17:15	17:30	FITNESS	Abdominales
17:15	18:00	2 CYCLING	Cycling Virtual
18:00	18:55	1	Body Combat
18:15	18:30	FITNESS	MIO-STRETCH
18:15	19:00	2 CYCLING	Cycling Virtual
18:30	19:15	CROSS-MET	Suspension Training
18:30	19:25	BODYMIND	Body-Balance
19:00	19:15	FITNESS	Abdominales
19:00	19:45	HIIT	CROSS-HIIT UPPER BODY
19:00	19:50	PISCINA	Aqua-Gym
19:00	19:55	1	Body Pump
19:15	20:00	2 CYCLING	Cycling
19:30	20:15	CROSS-MET	CROSS-MET 45
19:45	20:30	HIIT	HBX BOXING
20:00	20:15	FITNESS	Abdominales
20:00	20:55	1	Zumba
20:30	20:45	FITNESS	MIO-STRETCH
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>