

Inicio	Final	Sala	Domingo
09:00	09:45	2 CYCLING	Cycling Virtual
10:00	10:30	CROSS-MET	CROSS-MET 30
10:00	10:45	2 CYCLING	Cycling
10:30	10:45	FITNESS	Abdominales
11:00	11:55	1	Fitness Condition
12:00	12:30	PISCINA	SWIMMING CLUB 30
12:00	12:55	BODYMIND	Pilates Stretch
13:45	14:00	FITNESS	Abdominales
14:15	15:00	2 CYCLING	Cycling Virtual
15:15	16:00	2 CYCLING	Cycling Virtual
16:15	17:00	2 CYCLING	Cycling Virtual
17:15	17:30	FITNESS	Abdominales
17:15	18:00	2 CYCLING	Cycling Virtual
18:15	19:00	2 CYCLING	Cycling Virtual
18:30	19:00	CROSS-MET	CROSS-MET 30
19:15	20:00	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://clubmetropolitán.com>