

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala       | Lunes                 | Martes                   | Miércoles             | Jueves                     | Viernes               | Sábado                | Domingo               |
|--------|-------|------------|-----------------------|--------------------------|-----------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| 07:15  | 08:00 | CYCLING    |                       |                          |                       |                            | Cycling               |                       |                       |
| 07:30  | 08:00 | CROSS HIIT | CROSS HIIT-FULL BODY  |                          | CROSS HIIT-LOWER BODY |                            |                       |                       |                       |
| 08:00  | 08:30 | CROSS-MET  |                       |                          |                       |                            | CROSS-MET             |                       |                       |
| 08:00  | 08:45 | CYCLING    |                       | Cycling                  |                       | Cycling                    |                       |                       |                       |
| 08:00  | 08:55 | 1          | Body Pump             |                          | Body Pump             |                            |                       |                       |                       |
| 08:45  | 09:00 | CROSS-MET  |                       | ABD 15'                  |                       | ABD 15'                    |                       |                       |                       |
| 09:00  | 09:30 | PISCINA    | AQUAGYM 30            |                          | AQUAGYM 30            |                            | AQUAGYM 30            |                       |                       |
| 09:15  | 10:10 | 3          |                       |                          |                       |                            | Yoga                  |                       |                       |
| 09:30  | 10:00 | CROSS-MET  |                       | GAP 30                   |                       |                            |                       |                       |                       |
| 09:30  | 10:00 | PISCINA    |                       |                          |                       |                            |                       | AQUAGYM 30            | AQUAGYM 30            |
| 09:30  | 10:15 | CYCLING    | Cycling               |                          | Cycling               |                            | Cycling               |                       |                       |
| 09:30  | 10:25 | 1          |                       | Body Combat              |                       | GAP                        |                       |                       |                       |
| 10:00  | 10:30 | PISCINA    | AQUAGYM 30            |                          | AQUAGYM 30            |                            | AQUAGYM 30            |                       |                       |
| 10:00  | 10:45 | CROSS HIIT |                       |                          |                       |                            |                       | HBX ROUND             |                       |
| 10:00  | 10:45 | CYCLING    |                       |                          |                       |                            |                       | Cycling               |                       |
| 10:00  | 10:55 | PISCINA    |                       | AQUAGYM                  |                       | AQUAGYM                    |                       |                       |                       |
| 10:00  | 10:55 | 1          | Body Pump             |                          | Zumba                 |                            | Zumba                 | Body Pump             | Fitness Condition     |
| 10:00  | 11:15 | 3          |                       |                          |                       |                            |                       | Yoga                  |                       |
| 10:15  | 11:00 | CYCLING    |                       | Cycling                  |                       | Cycling                    |                       |                       |                       |
| 10:15  | 11:10 | 3          | Body-Balance          | PILATES STRONG           | Body-Balance          | Pilates Stretch            | Espalda Sana          |                       |                       |
| 10:30  | 11:00 | CROSS-MET  |                       |                          | GAP 30                | Suspension Training        |                       | Suspension Training   | CROSS-MET             |
| 10:30  | 11:15 | CROSS HIIT |                       |                          | HBX ROUND             |                            |                       |                       |                       |
| 11:00  | 11:30 | CROSS-MET  |                       | ABD + Stretch            |                       | ABD + Stretch              |                       |                       |                       |
| 11:00  | 11:45 | CYCLING    |                       |                          |                       |                            |                       | Cycling               | Cycling               |
| 11:00  | 11:55 | PISCINA    | AQUAGYM               |                          | AQUAGYM               |                            | AQUAGYM               |                       |                       |
| 11:00  | 11:55 | 1          | Fitness Condition     |                          | Fitness Condition     | Body Combat                | Body Pump             | Zumba                 |                       |
| 11:00  | 12:30 | 1          |                       | MASTERCLASS DANCE MET&CO |                       |                            |                       |                       |                       |
| 11:15  | 12:10 | 3          | Espalda Sana          | Yoga                     | Pilates Stretch       | Yoga                       | STRETCHING            |                       |                       |
| 11:30  | 12:00 | PISCINA    |                       | AQUAGYM 30               |                       | AQUAGYM 30                 |                       |                       |                       |
| 12:00  | 12:30 | CROSS-MET  | HYPER STRETCH         | ABD + Stretch            | HYPER STRETCH         | ABD + Stretch              |                       | ABD + Stretch         | ABD + Stretch         |
| 12:00  | 12:55 | 1          |                       |                          |                       |                            |                       | Body Combat           |                       |
| 12:00  | 13:15 | 3          |                       |                          |                       |                            |                       |                       | Yoga                  |
| 12:15  | 13:10 | 3          |                       |                          |                       | TOTAL BARRE                |                       |                       |                       |
| 13:00  | 13:30 | CROSS HIIT | CROSS HIIT-UPPER BODY |                          | CROSS HIIT-FULL BODY  |                            | CROSS HIIT-LOWER BODY |                       |                       |
| 13:30  | 14:00 | CROSS-MET  | GAP 30                |                          | ABD + Stretch         | Suspension Training        | CROSS-MET             |                       |                       |
| 13:30  | 14:00 | CROSS HIIT |                       | CROSS HIIT-LOWER BODY    |                       |                            |                       |                       |                       |
| 14:00  | 14:30 | CROSS-MET  |                       | Suspension Training      | FITNESS 30            |                            |                       |                       |                       |
| 14:00  | 14:45 | CYCLING    | Cycling Virtual       | Cycling                  | Cycling Virtual       | Cycling Virtual            | Cycling Virtual       |                       |                       |
| 14:00  | 14:55 | 1          | Body Pump             |                          |                       | Fitness Condition          |                       |                       |                       |
| 14:15  | 15:10 | 3          |                       |                          | Pilates Stretch       |                            |                       |                       |                       |
| 14:30  | 15:00 | CROSS-MET  |                       |                          |                       |                            | GAP 30                |                       |                       |
| 14:45  | 15:00 | CROSS-MET  |                       | ABD 15'                  |                       | ABD 15'                    |                       |                       |                       |
| 15:00  | 15:30 | CROSS-MET  |                       |                          | CROSS-MET             | Suspension Training        |                       |                       |                       |
| 15:00  | 15:45 | CROSS HIIT | HBX BOXING            |                          |                       |                            |                       |                       |                       |
| 15:30  | 16:15 | CYCLING    | Cycling Virtual       | Cycling Virtual          | Cycling Virtual       | Cycling Virtual            | Cycling               | Cycling Virtual       |                       |
| 15:30  | 16:25 | 1          |                       | GAP                      | Body Pump             |                            |                       |                       |                       |
| 17:00  | 17:30 | CROSS-MET  | GAP 30                |                          |                       | CROSS-MET                  | Suspension Training   |                       |                       |
| 17:00  | 17:30 | CROSS HIIT |                       | CROSS HIIT-UPPER BODY    |                       |                            |                       |                       |                       |
| 17:00  | 17:55 | 1          |                       | Zumba                    | Fitness Condition     | Zumba                      |                       |                       |                       |
| 17:00  | 18:00 | 1          | Fitness Condition     |                          |                       |                            |                       |                       |                       |
| 17:15  | 18:00 | 3          |                       |                          |                       | HIPOPRESIVOS               |                       |                       |                       |
| 17:15  | 18:10 | 3          |                       | Espalda Sana             |                       |                            |                       |                       |                       |
| 18:00  | 18:30 | CROSS-MET  | Suspension Training   | Suspension Training      |                       |                            |                       |                       |                       |
| 18:00  | 18:30 | CROSS HIIT |                       |                          |                       |                            |                       | CROSS HIIT-UPPER BODY | CROSS HIIT-LOWER BODY |
| 18:00  | 18:45 | CROSS HIIT |                       |                          | HBX BOXING            | HBX BOXING                 |                       |                       |                       |
| 18:00  | 18:45 | CYCLING    | Cycling               | Cycling                  | Cycling               | Cycling                    | Cycling               |                       |                       |
| 18:00  | 18:55 | 1          | Body Pump             | Fitness Condition        | Body Pump             | Fitness Condition          | Body Pump             |                       |                       |
| 18:15  | 18:45 | PISCINA    |                       |                          |                       | AQUAGYM 30                 |                       |                       |                       |
| 18:15  | 19:10 | 3          | PILATES STRONG        | Pilates Stretch          | Pilates Stretch       | PILATES STRONG             |                       |                       |                       |
| 18:15  | 19:30 | 3          |                       |                          |                       |                            | Yoga                  |                       |                       |
| 18:30  | 19:00 | CROSS-MET  |                       |                          | CROSS-MET             |                            |                       | GAP 30                | FITNESS 30            |
| 18:30  | 19:00 | CROSS HIIT | CROSS HIIT-LOWER BODY |                          |                       |                            |                       |                       |                       |
| 19:00  | 19:30 | CROSS-MET  |                       |                          | Suspension Training   |                            |                       | HYPER STRETCH         | HYPER STRETCH         |
| 19:00  | 19:30 | CROSS HIIT |                       | CROSS HIIT-FULL BODY     |                       | CROSS HIIT-UPPER BODY      |                       |                       |                       |
| 19:00  | 19:45 | CROSS HIIT | HBX ROUND             |                          |                       |                            | HBX BOXING            |                       |                       |
| 19:00  | 19:45 | CYCLING    | Cycling               | Cycling                  | Cycling               |                            | Cycling               | Cycling Virtual       | Cycling Virtual       |
| 19:00  | 19:55 | 1          | Body Pump             | Body Combat              | Zumba                 | Body Pump                  | Zumba                 |                       |                       |
| 19:00  | 20:00 | OUTDOOR    | Running Club          |                          | Running Club          |                            |                       |                       |                       |
| 19:00  | 20:30 | CYCLING    |                       |                          |                       | MASTERCLASS CYCLING MET&CO |                       |                       |                       |
| 19:15  | 19:45 | PISCINA    |                       |                          |                       | AQUAGYM 30                 |                       |                       |                       |
| 19:15  | 20:10 | PISCINA    |                       | AQUAGYM                  | AQUAGYM               |                            |                       |                       |                       |
| 19:15  | 20:10 | 3          | Pilates Stretch       | Body-Balance             | TOTAL BARRE           | Body-Balance               |                       |                       |                       |
| 19:30  | 20:00 | CROSS-MET  | GAP 30                | Suspension Training      | GAP 30                | CROSS-MET                  |                       |                       |                       |
| 20:00  | 20:30 | CROSS-MET  | ABD + Stretch         | HYPER STRETCH            | ABD + Stretch         | HYPER STRETCH              |                       |                       |                       |
| 20:00  | 20:45 | CYCLING    | Cycling               | Cycling                  | Cycling               |                            |                       |                       |                       |
| 20:00  | 20:55 | 1          | Zumba                 | Body Pump                | Fitness Condition     | Body Combat                |                       |                       |                       |
| 20:15  | 21:10 | 3          | TOTAL BARRE           | Yoga                     | Yoga                  | Yoga                       |                       |                       |                       |
| 20:30  | 21:00 | CROSS-MET  | Suspension Training   |                          |                       | Suspension Training        |                       |                       |                       |
| 20:30  | 21:15 | CROSS HIIT |                       |                          | HBX ROUND             |                            |                       |                       |                       |
| 21:00  | 21:30 | CROSS-MET  |                       | GAP 30                   |                       |                            |                       |                       |                       |
| 21:00  | 21:55 | 1          | Fitness Condition     |                          | Body Pump             | Zumba                      |                       |                       |                       |

■ 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>