

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Viernes
07:30	08:00	CROSS HIIT	RADIKAL EXTREME
08:00	08:30	CROSS-MET	CROSS-MET
08:00	08:45	CYCLING	Cycling Virtual
09:00	09:30	PISCINA	AQUAGYM 30
09:15	10:10	3	Yoga
09:30	10:15	CYCLING	Cycling
10:00	10:30	PISCINA	AQUAGYM 30
10:00	10:55	1	Zumba
10:15	11:10	3	Espalda Sana
10:30	11:15	CYCLING	Cycling Virtual
11:00	11:55	PISCINA	AQUAGYM
11:00	11:55	1	Body Pump
11:15	12:00	3	STRETCHING
11:30	12:15	CYCLING	Cycling Virtual
12:30	13:15	CYCLING	Cycling Virtual
13:00	13:30	CROSS HIIT	RADIKAL EXTREME
13:30	14:00	CROSS-MET	CROSS-MET
14:00	14:45	CYCLING	Cycling Virtual
15:00	15:30	CROSS-MET	FITNESS 30
15:30	16:15	CYCLING	Cycling
16:15	16:30	CROSS-MET	ABD 15'
17:00	17:30	CROSS-MET	Suspension Training
17:00	17:45	CYCLING	Cycling Virtual
18:00	18:45	CYCLING	Cycling
18:00	18:55	1	Body Pump
18:15	19:10	3	Body-Balance
19:00	19:30	CROSS HIIT	RADIKAL EXTREME
19:00	19:45	CYCLING	Cycling Virtual
19:00	19:55	1	Zumba
19:30	20:15	CROSS HIIT	HBX BOXING
20:00	20:45	CYCLING	Cycling Virtual
20:30	21:00	CROSS-MET	FITNESS 30

■ 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>