

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Jueves
08:00	08:45	CYCLING	Cycling
08:45	09:00	CROSS-MET	ABD 15'
09:00	09:45	CROSS HIIT	HBX BOXING
09:30	10:25	1	GAP
10:00	10:55	PISCINA	AQUAGYM
10:15	11:00	CYCLING	Cycling
10:15	11:10	3	Pilates Stretch
10:30	11:00	CROSS-MET	Suspension Training
11:00	11:30	CROSS-MET	ABD + Stretch
11:00	11:55	1	Body Combat
11:15	12:10	3	Yoga
11:30	12:15	CYCLING	Cycling Virtual
12:00	12:30	CROSS HIIT	RADIKAL EXTREME
12:30	13:15	CYCLING	Cycling Virtual
13:30	14:00	CROSS-MET	Suspension Training
14:00	14:30	CROSS-MET	CROSS-MET
14:00	14:45	CYCLING	Cycling Virtual
14:00	14:55	1	Fitness Condition
14:45	15:00	CROSS-MET	ABD 15'
15:00	15:30	CROSS-MET	Suspension Training
15:30	16:15	CYCLING	Cycling Virtual
17:00	17:30	CROSS-MET	CROSS-MET
17:00	17:45	CYCLING	Cycling Virtual
18:00	18:30	CROSS HIIT	Cross-Hiit 30'
18:00	18:45	CYCLING	Cycling
18:00	18:55	1	Fitness Condition
18:15	18:45	PISCINA	Aquaboard
18:15	19:10	3	PILATES STRONG
19:00	19:30	CROSS HIIT	RADIKAL EXTREME
19:00	19:45	CYCLING	Cycling
19:00	19:55	1	Body Pump
19:15	20:10	PISCINA	AQUAGYM
19:15	20:10	3	Body-Balance
19:30	20:00	CROSS-MET	CROSS-MET
20:00	20:30	CROSS HIIT	RADIKAL EXTREME
20:00	20:45	CYCLING	Cycling Virtual
20:00	20:55	1	Body Combat
20:15	21:10	3	Yoga
20:30	21:00	CROSS-MET	ABD + Stretch
21:00	21:55	1	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>