

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-LOWER BODY				
08:00	08:30	CROSS-MET					CROSS-MET		
08:00	08:45	CYCLING		Cycling		Cycling			
08:00	08:55	1			Body Pump				
08:45	09:00	CROSS-MET		ABD 15'		ABD 15'			
09:15	10:10	3					Yoga		
09:30	10:00	CROSS-MET		GAP 30					
09:30	10:00	PISCINA							AQUAGYM 30
09:30	10:15	CYCLING			Cycling		Cycling		
09:30	10:25	1		Body Combat		GAP			
10:00	10:30	CROSS-MET							CROSS-MET
10:00	10:45	CROSS HIIT	HBX BOXING					HBX BOXING	
10:00	10:45	CYCLING	Cycling						
10:00	10:55	1	Body Pump		Zumba		Zumba	Body Pump	Fitness Condition
10:00	11:15	3	Yoga					Yoga	
10:00	11:30	CYCLING						MASTER TOUR DE FRANCIA 2025	
10:15	11:00	CYCLING		Cycling		Cycling			
10:15	11:10	3		PILATES STRONG	Body-Balance	Pilates Stretch	Espalda Sana		
10:30	11:00	CROSS-MET	Suspension Training		GAP 30	Suspension Training	CROSS-MET	Suspension Training	
10:30	11:15	CROSS HIIT			HBX BOXING				
11:00	11:30	CROSS-MET		ABD + Stretch		ABD + Stretch			
11:00	11:45	CYCLING	Cycling						Cycling
11:00	11:55	1	Zumba	Zumba	Fitness Condition	Body Combat	Body Pump	Zumba	
11:15	12:00	3					STRETCHING		
11:15	12:10	3		Yoga		Yoga			
12:00	12:15	CROSS-MET			Pilates Stretch				
12:00	12:30	CROSS-MET	ABD + Stretch	ABD + Stretch	MIO STRETCH				
12:00	12:55	1	Body Combat			ABD + Stretch		ABD + Stretch	ABD + Stretch
12:00	13:15	3						Body Combat	
12:15	13:10	3		HIPOPRESIVOS					Yoga
13:00	13:30	CROSS HIIT			CROSS HIIT-FULL BODY		CROSS HIIT-LOWER BODY		
13:30	14:00	CROSS-MET			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	Cycling Virtual	Cycling Virtual	Cycling Virtual		
14:00	14:55	1				Fitness Condition			
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			
15:30	16:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
15:30	16:25	1			Body Pump				
17:00	17:30	CROSS-MET				CROSS-MET	Suspension Training		
17:00	17:30	CROSS HIIT		CROSS HIIT-UPPER BODY					
17:00	17:55	1			Fitness Condition				
17:00	18:00	1		Body Pump					
17:15	18:10	3		Espalda Sana					
18:00	18:30	CROSS-MET		Suspension Training					
18:00	18:30	CROSS HIIT	CROSS HIIT-UPPER BODY			CROSS HIIT-FULL BODY		CROSS HIIT-UPPER BODY	CROSS HIIT-LOWER BODY
18:00	18:45	CROSS HIIT			HBX BOXING				
18:00	18:45	CYCLING		Cycling	Cycling	Cycling	Cycling		
18:00	18:55	1		Fitness Condition	Body Pump	Fitness Condition	Body Pump		
18:15	19:10	3		Zumba	Pilates Stretch	PILATES STRONG			
18:30	19:00	CROSS-MET	GAP 30		CROSS-MET			GAP 30	FITNESS 30
19:00	19:15	CROSS-MET	MIO STRETCH					MIO STRETCH	MIO STRETCH
19:00	19:30	CROSS-MET			Suspension Training		GAP 30		
19:00	19:30	CROSS HIIT		CROSS HIIT-FULL BODY		CROSS HIIT-UPPER BODY			
19:00	19:45	CYCLING	Cycling Virtual	Cycling	Cycling	Cycling		Cycling Virtual	Cycling Virtual
19:00	19:55	1		Body Combat	Zumba	Body Pump	Zumba		
19:15	20:10	3		Body-Balance	Pilates Stretch	Body-Balance			
19:30	20:00	CROSS-MET		Suspension Training	GAP 30	CROSS-MET			
19:30	20:15	CROSS HIIT					HBX BOXING		
20:00	20:15	CROSS-MET		MIO STRETCH		MIO STRETCH			
20:00	20:30	CROSS-MET			ABD + Stretch				
20:00	20:45	CYCLING		Cycling	Cycling	Cycling			
20:00	20:55	1		Body Pump	Fitness Condition	Body Combat			
20:15	21:10	3		Yoga	Yoga	Yoga			
20:30	21:00	CROSS-MET				Suspension Training			
20:30	21:15	CROSS HIIT			HBX BOXING				
21:00	21:55	1		GAP	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 Metropolitán. <https://clubnmetropolitán.com>