

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					
08:00	08:55	1	Body Pump		Body Pump				
08:45	09:00	CROSS-MET		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	AQUAGYM 30
09:30	10:15	CYCLING	Cycling		Cycling		Cycling		
09:30	10:25	1		Body Combat					
10:00	10:30	CROSS-MET							CROSS-MET
10:00	10:30	PISCINA	AQUAGYM 30		AQUAGYM 30		AQUAGYM 30		
10:00	10:45	CROSS HIIT				HBX BOXING		HBX BOXING	
10:00	10:45	CYCLING				Cycling		Cycling	
10:00	10:55	PISCINA		AQUAGYM					
10:00	10:55	1	Body Pump		Zumba	Body Pump	Zumba	Body Pump	Fitness Condition
10:00	11:15	3				Yoga		Yoga	
10:15	11:00	CYCLING		Cycling					
10:15	11:10	3	Body-Balance	PILATES STRONG	Body-Balance		Espalda Sana		
10:30	11:00	CROSS-MET			GAP 30	Suspension Training	CROSS-MET	Suspension Training	
10:30	11:15	CROSS HIIT			HBX BOXING				
11:00	11:30	CROSS-MET		ABD + Stretch					
11:00	11:45	CYCLING				Cycling		Cycling	Cycling
11:00	11:55	PISCINA	AQUAGYM		AQUAGYM		AQUAGYM		
11:00	11:55	1	Fitness Condition	Zumba	Fitness Condition	Zumba	Body Pump	Zumba	
11:15	12:00	3					STRETCHING		
11:15	12:10	3	Espalda Sana	Yoga	Pilates Stretch				
12:00	12:15	CROSS-MET	MIO STRETCH		MIO STRETCH				
12:00	12:30	CROSS-MET		ABD + Stretch		ABD + Stretch		ABD + Stretch	ABD + Stretch
12:00	12:55	1	Zumba			Body Combat		Body Combat	
12:00	13:15	3							Yoga
12:15	13:10	3		HIPOPRESIVOS					
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		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		
14:00	14:55	1	Body Pump						
14:15	15:10	3			Pilates Stretch				
14:30	15:00	CROSS-MET					GAP 30		
14:45	15:00	CROSS-MET		ABD 15'					
15:00	15:30	CROSS-MET			CROSS-MET				
15:00	15:45	CROSS HIIT	HBX BOXING						
15:30	16:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
15:30	16:25	1		GAP	Body Pump				
17:00	17:30	CROSS-MET	GAP 30				Suspension Training		
17:00	17:30	CROSS HIIT		CROSS HIIT-UPPER BODY					
17:00	17:55	1			Fitness Condition				
17:00	18:00	1	Fitness Condition	Body Pump					
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-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	Body Pump	Fitness Condition	Body Pump		Body Pump		
18:15	19:10	3	PILATES STRONG	Zumba	Pilates Stretch				
18:15	19:30	3					Yoga		
18:30	19:00	CROSS-MET			CROSS-MET	GAP 30		GAP 30	FITNESS 30
18:30	19:00	CROSS HIIT	CROSS HIIT-LOWER BODY						
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					
19:00	19:45	CROSS HIIT	HBX BOXING						
19:00	19:45	CYCLING	Cycling	Cycling	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
19:00	19:55	1	Body Pump	Body Combat	Zumba		Zumba		
19:00	20:00	OUTDOOR	Running Club		Running Club				
19:15	20:10	PISCINA		AQUAGYM	AQUAGYM				
19:15	20:10	3	Pilates Stretch	Body-Balance	Pilates Stretch				
19:30	20:00	CROSS-MET	GAP 30	Suspension Training	GAP 30				
19:30	20:15	CROSS HIIT					HBX BOXING		
20:00	20:15	CROSS-MET		MIO STRETCH					
20:00	20:30	CROSS-MET	ABD + Stretch		ABD + Stretch				
20:00	20:45	CYCLING	Cycling	Cycling	Cycling				
20:00	20:55	1	Zumba	Body Pump	Fitness Condition				
20:15	21:10	3	Body-Balance	Yoga	Yoga				
20:30	21:00	CROSS-MET	Suspension Training						
20:30	21:15	CROSS HIIT			HBX BOXING				
21:00	21:55	1	Fitness Condition		GAP	Body Pump			

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>