

Los horarios de actividades están sujetos a posibles modificaciones

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

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>