

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Miércoles
07:30	08:00	CROSS HIIT	CROSS HIIT-LOWER BODY
08:00	08:55	1	Body Pump
09:00	09:30	PISCINA	AQUAGYM 30
09:30	10:15	CYCLING	Cycling
10:00	10:30	PISCINA	AQUAGYM 30
10:00	10:55	1	Zumba
10:15	11:10	3	Body-Balance
10:30	11:00	CROSS-MET	GAP 30
10:30	11:15	CROSS HIIT	HBX BOXING
11:00	11:55	PISCINA	AQUAGYM
11:00	11:55	1	Fitness Condition
11:15	12:10	3	Pilates Stretch
12:00	12:15	CROSS-MET	MIO STRETCH
13:00	13:30	CROSS HIIT	CROSS HIIT-FULL BODY
13:30	14:00	CROSS-MET	ABD + Stretch
14:00	14:30	CROSS-MET	FITNESS 30
14:00	14:45	CYCLING	Cycling Virtual
15:00	15:30	CROSS-MET	CROSS-MET
15:30	16:15	CYCLING	Cycling Virtual
15:30	16:25	1	Body Pump
17:00	17:55	1	Fitness Condition
18:00	18:45	CROSS HIIT	HBX BOXING
18:00	18:45	CYCLING	Cycling
18:00	18:55	1	Body Pump
18:15	19:10	3	Pilates Stretch
18:30	19:00	CROSS-MET	CROSS-MET
19:00	19:30	CROSS-MET	Suspension Training
19:00	19:45	CYCLING	Cycling
19:00	19:55	1	Zumba
19:15	20:10	PISCINA	AQUAGYM
19:15	20:10	3	Pilates Stretch
19:30	20:00	CROSS-MET	GAP 30
20:00	20:30	CROSS-MET	ABD + Stretch
20:00	20:45	CYCLING	Cycling
20:00	20:55	1	Fitness Condition
20:15	21:10	3	Yoga
20:30	21:15	CROSS HIIT	HBX BOXING
21:00	21:55	1	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>