

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes
07:30	08:00	CROSS HIIT	CROSS HIIT-FULL 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	Body Pump
10:15	11:10	3	Body-Balance
11:00	11:55	PISCINA	AQUAGYM
11:00	11:55	1	Fitness Condition
11:15	12:10	3	Espalda Sana
12:00	12:30	CROSS-MET	HYPER STRETCH
13:00	13:30	CROSS HIIT	CROSS HIIT-UPPER BODY
13:30	14:00	CROSS-MET	GAP 30
14:00	14:45	CYCLING	Cycling Virtual
14:00	14:55	1	Body Pump
15:00	15:45	CROSS HIIT	HBX BOXING
15:30	16:15	CYCLING	Cycling Virtual
17:00	17:30	CROSS-MET	GAP 30
17:00	18:00	1	Fitness Condition
18:00	18:30	CROSS-MET	Suspension Training
18:00	18:45	CYCLING	Cycling
18:00	18:55	1	Body Pump
18:15	19:10	3	PILATES STRONG
18:30	19:00	CROSS HIIT	CROSS HIIT-LOWER BODY
19:00	19:45	CROSS HIIT	HBX ROUND
19:00	19:45	CYCLING	Cycling
19:00	19:55	1	Body Pump
19:00	20:00	OUTDOOR	Running Club
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	Zumba
20:15	21:10	3	TOTAL BARRE
20:30	21:00	CROSS-MET	Suspension Training
21:00	21:55	1	Fitness Condition

■ 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://clubmetropolitano.com>