

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala         | Lunes                 | Martes              | Miércoles           | Jueves               | Viernes               | Sábado          | Domingo         |
|--------|-------|--------------|-----------------------|---------------------|---------------------|----------------------|-----------------------|-----------------|-----------------|
| 07:00  | 07:45 | CROSS-MET    | CROSS-MET             | Suspension Training | HBX BOXING          | CROSS-HIIT FULL BODY | CROSS-MET             |                 |                 |
| 07:00  | 07:45 | CYCLING      | Cycling               |                     | Cycling             |                      | Cycling               |                 |                 |
| 07:00  | 07:55 | 1            |                       | Body Combat         |                     |                      |                       |                 |                 |
| 07:00  | 08:00 | 1            |                       |                     |                     | Body Pump            |                       |                 |                 |
| 07:15  | 07:45 | PISCINA      | Swimming Club         | Swimming Club       | Swimming Club       | Swimming Club        | Swimming Club         |                 |                 |
| 07:15  | 08:00 | CYCLING      |                       | Cycling Virtual     |                     | Cycling Virtual      |                       |                 |                 |
| 07:45  | 08:00 | ZONA FITNESS | Abdominales           | Abdominales         | Abdominales         | Abdominales          | Abdominales           |                 |                 |
| 08:00  | 08:15 | ZONA FITNESS |                       | STRETCHING          |                     | STRETCHING           |                       |                 |                 |
| 08:00  | 08:55 | 2            |                       |                     | Yoga                |                      | Yoga                  |                 |                 |
| 08:30  | 09:15 | CYCLING      | Cycling Virtual       |                     | Cycling Virtual     |                      |                       |                 |                 |
| 09:00  | 09:30 | PISCINA      |                       | Aquaboard           |                     | Aquaboard            |                       |                 |                 |
| 09:30  | 10:15 | CROSS-MET    |                       |                     |                     |                      | CROSS-HIIT UPPER BODY |                 |                 |
| 09:30  | 10:25 | 1            | Zumba                 |                     |                     | Zumba                |                       |                 |                 |
| 09:30  | 11:00 | 2            |                       |                     |                     |                      |                       | Yoga            |                 |
| 10:00  | 10:45 | CROSS-MET    |                       | HBX BOXING          | CROSS-MET           | Suspension Training  |                       |                 |                 |
| 10:00  | 10:45 | CYCLING      |                       |                     |                     |                      |                       | Cycling Virtual | Cycling Virtual |
| 10:00  | 10:55 | 1            |                       |                     |                     |                      |                       | Body Pump       | Body Pump       |
| 10:00  | 10:55 | 2            | Body-Balance          | Yoga                | Pilates Stretch     | Espalda Sana         | Yoga                  |                 |                 |
| 10:15  | 10:30 | ZONA FITNESS |                       |                     |                     |                      | Abdominales           |                 |                 |
| 10:30  | 11:00 | PISCINA      | Up-Aqua               | Up-Aqua             | Up-Aqua             | Up-Aqua              | Up-Aqua               | Up-Aqua         | Up-Aqua         |
| 10:30  | 11:25 | 1            | Body Pump             |                     |                     |                      | Body Pump             |                 |                 |
| 11:00  | 11:15 | ZONA FITNESS | Abdominales           | GAP EXPRESS         | Abdominales         | GAP EXPRESS          |                       |                 |                 |
| 11:00  | 11:45 | PISCINA      | Aqua-Gym              | Aqua-Gym            |                     | Aqua-Gym             |                       |                 |                 |
| 11:00  | 11:45 | CYCLING      |                       | Cycling             |                     | Cycling              |                       |                 |                 |
| 11:00  | 11:55 | 2            | Pilates Stretch       |                     |                     |                      |                       |                 |                 |
| 11:15  | 12:00 | CYCLING      |                       |                     |                     |                      |                       | Cycling         | Cycling         |
| 11:30  | 12:15 | CYCLING      | Cycling Virtual       |                     | Cycling Virtual     |                      | Cycling Virtual       |                 |                 |
| 12:00  | 12:30 | PISCINA      | Aquaboard             |                     | Aquaboard           |                      | Aquaboard             |                 |                 |
| 12:15  | 12:30 | ZONA FITNESS |                       |                     |                     |                      |                       | Abdominales     | Abdominales     |
| 12:15  | 12:45 | PISCINA      |                       |                     |                     |                      |                       | Aquaboard       | Aquaboard       |
| 12:30  | 12:45 | ZONA FITNESS |                       |                     |                     |                      |                       | STRETCHING      | STRETCHING      |
| 13:15  | 13:30 | ZONA FITNESS |                       |                     |                     |                      |                       | Abdominales     | Abdominales     |
| 13:30  | 13:45 | ZONA FITNESS |                       |                     |                     |                      |                       | STRETCHING      | STRETCHING      |
| 14:00  | 14:55 | 1            | Body Pump             |                     |                     |                      |                       |                 |                 |
| 14:15  | 15:00 | CROSS-MET    |                       | CROSS-MET           |                     | CROSS-MET            | HBX BOXING            |                 |                 |
| 14:15  | 15:00 | PISCINA      |                       |                     | Swimming Club       |                      |                       |                 |                 |
| 14:15  | 15:00 | 2            |                       |                     | Pilates Stretch     |                      |                       |                 |                 |
| 14:15  | 15:00 | CYCLING      | Cycling               | Cycling             | Cycling             | Cycling              | Cycling Virtual       | Cycling Virtual | Cycling Virtual |
| 14:30  | 15:00 | PISCINA      | Swimming Club         | Swimming Club       |                     | Swimming Club        | Swimming Club         |                 |                 |
| 15:00  | 15:15 | ZONA FITNESS | Abdominales           | Abdominales         | Abdominales         | Abdominales          |                       |                 |                 |
| 16:00  | 16:45 | CROSS-MET    |                       | HBX BOXING          |                     |                      |                       |                 |                 |
| 16:00  | 16:55 | 1            | Fitness Condition     |                     | Fitness Condition   |                      |                       |                 |                 |
| 16:00  | 16:55 | 2            |                       |                     |                     | Pilates Stretch      | Body-Balance          |                 |                 |
| 17:00  | 17:30 | PISCINA      |                       |                     |                     |                      |                       | Aquaboard       | Aquaboard       |
| 17:00  | 17:30 | 2            |                       |                     |                     | HIPOPRESIVOS         |                       |                 |                 |
| 17:00  | 17:45 | CROSS-MET    |                       |                     |                     | CROSS-HIIT FULL BODY |                       |                 |                 |
| 17:00  | 17:45 | CYCLING      | Cycling Virtual       | Cycling Virtual     | Cycling Virtual     | Cycling Virtual      |                       |                 |                 |
| 17:00  | 17:55 | 1            |                       | Body Pump           | Body-Balance        |                      | Body Pump             |                 |                 |
| 17:00  | 17:55 | 2            | Pilates Stretch       | Espalda Sana        |                     |                      |                       |                 |                 |
| 17:15  | 18:00 | CROSS-MET    |                       |                     | CROSS-MET           |                      |                       |                 |                 |
| 17:30  | 18:00 | PISCINA      | Aquaboard             |                     | Aquaboard           |                      | Aquaboard             |                 |                 |
| 17:45  | 18:00 | ZONA FITNESS |                       |                     |                     | Abdominales          |                       |                 |                 |
| 18:00  | 18:15 | ZONA FITNESS |                       |                     |                     |                      |                       | Abdominales     | Abdominales     |
| 18:00  | 18:30 | PISCINA      | Up-Aqua               |                     | Abdominales         | Up-Aqua              |                       |                 |                 |
| 18:00  | 18:45 | CROSS-MET    | CROSS-MET             | HBX BOXING          |                     | CROSS-MET            |                       |                 |                 |
| 18:00  | 18:45 | OUTDOOR      |                       | CROSS-HIIT LOW BODY |                     |                      |                       |                 |                 |
| 18:00  | 18:45 | CYCLING      | Cycling               | Cycling             | Cycling             | Cycling              | Cycling               | Cycling Virtual | Cycling Virtual |
| 18:00  | 18:55 | 1            | Body Pump             | Zumba               | Body Combat         | Zumba                | Body Combat           |                 |                 |
| 18:00  | 18:55 | 2            | Yoga                  |                     | Yoga                |                      | Yoga                  |                 |                 |
| 18:15  | 19:00 | CROSS-MET    |                       |                     | Suspension Training |                      |                       |                 |                 |
| 18:30  | 19:00 | PISCINA      |                       |                     |                     |                      |                       | Swimming Club   | Swimming Club   |
| 18:30  | 19:15 | PISCINA      | Aqua-Gym              | Swimming Club       | Aqua-Gym            |                      |                       |                 |                 |
| 18:30  | 19:25 | 2            |                       | Pilates Stretch     |                     | Espalda Sana         |                       |                 |                 |
| 18:45  | 19:00 | ZONA FITNESS |                       | MIO-STRETCH         |                     | MIO-STRETCH          | Abdominales           |                 |                 |
| 19:00  | 19:15 | ZONA FITNESS |                       |                     |                     |                      |                       | Abdominales     | Abdominales     |
| 19:00  | 19:30 | PISCINA      |                       |                     |                     | Up-Aqua              |                       |                 |                 |
| 19:00  | 19:45 | CROSS-MET    | CROSS-MET             | HBX BOXING          | HBX BOXING          | HBX BOXING           |                       |                 |                 |
| 19:00  | 19:45 | CYCLING      | Cycling               | Cycling             | Cycling             | Cycling              |                       | Cycling Virtual | Cycling Virtual |
| 19:00  | 19:55 | 1            | Body Combat           | Fitness Condition   | GAP                 | Body Pump            | Fitness Condition     |                 |                 |
| 19:00  | 19:55 | 2            | Pilates Stretch       |                     | Pilates Stretch     |                      |                       |                 |                 |
| 19:00  | 20:30 | OUTDOOR      |                       | Running Club        |                     | Running Club         |                       |                 |                 |
| 19:15  | 19:30 | ZONA FITNESS |                       |                     |                     |                      |                       | GAP EXPRESS     | GAP EXPRESS     |
| 19:30  | 20:15 | PISCINA      |                       | Aqua-Gym            |                     | Aqua-Gym             |                       |                 |                 |
| 19:30  | 20:25 | 2            |                       | Yoga                |                     | Yoga                 |                       |                 |                 |
| 19:45  | 20:00 | ZONA FITNESS | Abdominales           | Abdominales         | Abdominales         | Abdominales          |                       | Abdominales     | Abdominales     |
| 20:00  | 20:45 | CROSS-MET    | CROSS-HIIT UPPER BODY | CROSS-MET           | CROSS-MET           | CROSS-MET            |                       |                 |                 |
| 20:00  | 20:45 | CYCLING      |                       |                     | Cycling Virtual     |                      | Cycling Virtual       |                 |                 |
| 20:00  | 20:55 | 1            | Body Pump             |                     | Zumba               |                      | Zumba                 |                 |                 |

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://clubmetropolitan.com>