

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				HIOPRESIVOS			
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	Abdominales
18:00	18:30	PISCINA	Up-Aqua		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	STRETCHING	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 Metropolitán. <https://clubmetropolitán.com>