

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Miércoles
07:00	07:45	CROSS-MET	HBX ROUND
07:00	07:45	CYCLING	Cycling
07:15	07:45	PISCINA	Swimming Club
07:45	08:00	ZONA FITNESS	Abdominales
08:00	08:55	2	Yoga
08:30	09:15	CYCLING	Cycling Virtual
10:00	10:45	CROSS-MET	CROSS-MET
10:00	10:45	CYCLING	CYCLING VIRTUAL ENG
10:00	10:55	2	Pilates Stretch
10:30	11:00	PISCINA	Up-Aqua
10:45	11:00	ZONA FITNESS	Abdominales
11:00	11:45	CYCLING	Cycling
11:00	11:55	1	GAP
12:00	12:30	PISCINA	Aquaboard
12:15	12:30	ZONA FITNESS	Abdominales
13:30	13:45	ZONA FITNESS	GAP EXPRESS
14:15	15:00	OUTDOOR	Running Club
14:15	15:00	PISCINA	Swimming Club
14:15	15:00	2	Pilates Stretch
14:15	15:00	CYCLING	Cycling
15:00	15:15	ZONA FITNESS	Abdominales
16:00	16:55	1	Tonificación
17:00	17:45	CYCLING	Cycling Virtual
17:00	17:55	2	Body-Balance
17:15	18:00	CROSS-MET	CROSS-MET
17:30	18:00	PISCINA	Aquaboard
18:00	18:15	ZONA FITNESS	Abdominales
18:00	18:30	PISCINA	Up-Aqua
18:00	18:45	CYCLING	Cycling
18:00	18:55	1	Body Combat
18:00	18:55	2	Yoga
18:15	19:00	CROSS-MET	CROSS-HIIT LOW BODY
18:30	19:15	PISCINA	Aqua-Gym
18:45	19:00	ZONA FITNESS	Abdominales
19:00	19:30	ZONA FITNESS	HYPER STRETCH
19:00	19:45	CROSS-MET	HBX ROUND
19:00	19:45	CYCLING	Cycling
19:00	19:55	1	GAP
19:00	19:55	2	Body-Balance
19:45	20:00	ZONA FITNESS	Abdominales
20:00	20:45	CROSS-MET	CROSS-MET
20:00	20:45	CYCLING	Cycling Virtual
20:00	20:55	1	Zumba
20:00	20:55	2	MINDFULNESS

■ 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>