

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Jueves
07:00	07:45	CROSS-MET	CROSS-HIIT FULL BODY
07:00	08:00	1	Body Pump
07:15	07:45	PISCINA	Swimming Club
07:15	08:00	CYCLING	Cycling Virtual
07:45	08:00	ZONA FITNESS	Abdominales
08:00	08:30	ZONA FITNESS	HYPER STRETCH
09:00	09:15	ZONA FITNESS	GAP EXPRESS
09:00	09:30	PISCINA	Aquaboard
09:30	10:25	1	Zumba
10:00	10:45	CROSS-MET	Suspension Training
10:00	10:55	2	Espalda Sana
10:30	11:00	PISCINA	Up-Aqua
11:00	11:15	ZONA FITNESS	GAP EXPRESS
11:00	11:45	PISCINA	Aqua-Gym
11:00	11:45	CYCLING	Cycling
12:00	12:15	ZONA FITNESS	GAP EXPRESS
13:00	13:30	ZONA FITNESS	HYPER STRETCH
14:15	15:00	CROSS-MET	CROSS-MET
14:15	15:00	CYCLING	Cycling
14:30	15:00	PISCINA	Swimming Club
15:00	15:15	ZONA FITNESS	Abdominales
16:00	16:55	1	GAP
16:00	16:55	2	Pilates Stretch
17:00	17:45	CROSS-MET	HBX BOXING
17:00	17:45	CYCLING	CYCLING VIRTUAL ENG
17:45	18:00	ZONA FITNESS	Abdominales
18:00	18:45	CROSS-MET	CROSS-MET
18:00	18:45	CYCLING	Cycling
18:00	18:55	1	Zumba
18:30	19:25	2	Espalda Sana
18:45	19:00	ZONA FITNESS	Abdominales
19:00	19:30	PISCINA	Up-Aqua
19:00	19:45	CROSS-MET	HBX BOXING
19:00	19:45	CYCLING	Cycling
19:00	19:55	1	Body Pump
19:00	20:30	OUTDOOR	Running Club
19:30	20:15	PISCINA	Aqua-Gym
19:30	20:25	2	Yoga
19:45	20:00	ZONA FITNESS	Abdominales
20:00	20:45	CROSS-MET	CROSS-MET
20:30	21:00	ZONA FITNESS	HYPER STRETCH

■ 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>