

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes
07:45	08:30	1	Yoga
09:15	10:00	2 CYCLING	Cycling
09:30	09:50	ZONA FITNESS	GAP EXPRESS
10:00	10:30	ZONA FITNESS	ABD + STRECH
10:00	10:45	1	PILATES STRECH
10:00	10:45	3	GAP_
10:15	11:00	2 CYCLING	Cycling
11:00	11:30	ZONA FITNESS	Suspension Training
11:00	11:45	3	PILATES STRETCH_
11:15	12:00	1	Fitness Condition
12:00	12:30	ZONA FITNESS	HIOPRESIVOS
12:15	13:15	PISCINA	AQUA AEROBIC
14:00	14:30	ZONA FITNESS	ABD + STRECH
14:30	15:15	1	MET PUMP
14:30	15:15	3	PILATES STRETCH_
15:00	15:30	ZONA FITNESS	Suspension Training
15:30	16:15	1	GAP
15:30	16:15	3	YOGA_
17:00	17:20	ZONA FITNESS	GAP EXPRESS
18:00	18:30	ZONA FITNESS	ABD + STRECH
18:00	18:45	1	MET PUMP
18:15	19:00	3	ESPALDA SANAL
19:00	19:30	ZONA FITNESS	Suspension Training
19:00	19:45	1	Body Combat
19:00	19:45	2 CYCLING	Cycling
19:15	20:00	3	ZUMBA_
20:00	20:30	ZONA FITNESS	ABD + STRECH
20:00	20:45	2 CYCLING	Cycling
20:15	21:00	1	Fitness Condition
20:15	21:00	3	PILATES STRETCH_
20:45	21:30	ZONA FITNESS	CROSS-MET
21:00	21:45	1	Zumba
21:00	21:45	2 CYCLING	Cycling

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>