

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:45	08:30	1	Yoga		PILATES STRECH		PILATES STRECH		
08:00	08:45	2 CYCLING		Cycling		Cycling			
09:00	09:45	1		MET PUMP		Espalda Sana	Tonificación		
09:00	09:45	3		ESPALDA SANA_					
09:00	10:00	PISCINA			Swimming Club				
09:15	10:00	2 CYCLING	Cycling		Cycling		Cycling		
09:15	10:00	ZONA FITNESS				CROSS-MET			
09:30	09:50	ZONA FITNESS	GAP EXPRESS		GAP EXPRESS		GAP EXPRESS		
10:00	10:30	ZONA FITNESS	ABD + STRECH	ABD + STRECH	ABD + STRECH	ABD + STRECH	ABD + STRECH		
10:00	10:45	1	PILATES STRECH	Cross-Hiit 30'	Body Combat	Aero Step	Body Combat	Body Combat	
10:00	10:45	3	GAP_					YOGA_	
10:15	11:00	2 CYCLING	Cycling		Cycling		Cycling	Cycling	
10:15	11:00	3		PILATES STRETCH_	PILATES STRETCH_	PILATES STRETCH_			
10:30	11:15	3							YOGA_
10:30	11:15	ZONA FITNESS						CROSS-MET	
11:00	11:30	ZONA FITNESS	Suspension Training	Suspension Training	Suspension Training	Suspension Training	Suspension Training		
11:00	11:45	1		Fitness Condition	MET PUMP	Fitness Condition	MET PUMP	Zumba	
11:00	11:45	3	PILATES STRETCH_						
11:15	12:00	1	Fitness Condition						
11:15	12:00	2 CYCLING		Cycling		Cycling		Cycling	Cycling
11:15	12:00	3		PILATES STRETCH_	FITNESS CONDITION_	PILATES STRETCH_	PILATES STRETCH_	YOGA_	
11:30	12:15	1							Zumba
11:30	12:15	3							PILATES STRETCH_
11:30	12:30	PISCINA					AQUA AEROBIC		
12:00	12:30	ZONA FITNESS	HIPOPRESIVOS						
12:00	12:45	1		Aero Latino		Aero Latino			
12:15	13:00	1			PILATES STRECH		PILATES STRECH	MET PUMP	
12:15	13:00	2 CYCLING							Cycling
12:15	13:00	3		YOGA_		YOGA_		PILATES STRETCH_	
12:15	13:15	PISCINA	AQUA AEROBIC		AQUA AEROBIC				
12:30	13:15	3							PILATES STRETCH_
13:15	14:00	1			PILATES STRECH		PILATES STRECH		MET PUMP
14:00	14:30	ZONA FITNESS	ABD + STRECH	ABD + STRECH	ABD + STRECH	ABD + STRECH	ABD + STRECH		
14:30	15:15	1	MET PUMP		Fitness Condition	PILATES STRECH			
14:30	15:15	2 CYCLING		Cycling		Cycling			
14:30	15:15	3	PILATES STRETCH_	PILATES STRETCH_					
14:45	15:30	1		MET PUMP					
14:45	15:45	PISCINA			Swimming Club		Swimming Club		
15:00	15:30	ZONA FITNESS	Suspension Training	Suspension Training	Suspension Training	CROSS HIIT 30	Suspension Training		
15:30	16:15	1	GAP			MET PUMP	Fitness Condition		
15:30	16:15	2 CYCLING			Cycling				
15:30	16:15	3	YOGA_	PILATES STRETCH_					
17:00	17:20	ZONA FITNESS	GAP EXPRESS		GAP EXPRESS				
17:00	17:30	ZONA FITNESS					GAP EXPRESS		
17:00	17:45	1		Espalda Sana	Yoga				
17:45	18:30	ZONA FITNESS					CROSS-MET		
18:00	18:30	ZONA FITNESS	ABD + STRECH	ABD + STRECH	ABD + STRECH	ABD + STRECH		ABD + STRECH	ABD + STRECH
18:00	18:45	1	MET PUMP	Aero Latino	MET PUMP	MET PUMP			
18:00	18:45	2 CYCLING					Cycling		
18:00	18:45	3			AEROLATINO_	ESPALDA SANA_			
18:15	19:00	3	ESPALDA SANA_						
18:45	19:30	1					Yoga		
19:00	19:30	ZONA FITNESS	Suspension Training	Suspension Training		Suspension Training	Suspension Training	Suspension Training	Suspension Training
19:00	19:45	1	Body Combat						
19:00	19:45	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
19:00	19:45	3			GAP_				
19:00	20:00	EXTERIOR		Running Club					
19:00	20:00	PISCINA		Aqua-Running		Aqua-Running			
19:15	20:00	1		MET PUMP	Body Combat	Cross-Hiit 30'			
19:15	20:00	3	ZUMBA_	YOGA_		PILATES STRETCH_	GAP_		
19:15	20:00	ZONA FITNESS			CROSS-MET				
20:00	20:30	ZONA FITNESS	ABD + STRECH			ABD + STRECH		ABD + STRECH	ABD + STRECH
20:00	20:45	2 CYCLING	Cycling	Cycling	Cycling	Cycling			
20:15	21:00	1	Fitness Condition	GAP	Zumba	GAP	MET PUMP		
20:15	21:00	3			PILATES STRETCH_	YOGA_			
20:30	21:00	ZONA FITNESS			CROSS HIIT 30		CROSS HIIT 30		
20:30	21:15	ZONA FITNESS				CROSS-MET			
20:45	21:30	ZONA FITNESS	CROSS-MET						
21:00	21:30	ZONA FITNESS		Suspension Training					
21:00	21:45	1	Zumba						
21:00	21:45	2 CYCLING	Cycling						
21:00	21:45	3			YOGA_				

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>