

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	CYCLING	Cycling		Cycling	Cycling Virtual	Cycling		
07:15	08:10	1				Body Pump			
07:15	08:10	2	Yoga Flow						
08:00	08:15	CROSS-HBX	Abdominales		Abdominales		Abdominales		
08:15	08:30	CROSS-HBX	STRETCHING		STRETCHING	STRETCHING	STRETCHING		
09:00	09:45	CYCLING	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual		
09:00	09:55	2	ESPALDA SANA_		ESPALDA SANA_	Yoga	ESPALDA SANA_		
09:30	11:00	2						POWER YOGA	
10:00	10:15	CROSS-HBX		Abdominales				Abdominales	Abdominales
10:00	10:55	1		Body Combat				Abdominales	Body Combat
10:00	10:55	2	POWER YOGA				POWER YOGA		
10:15	11:00	CROSS-HBX				HBX BOXING			
10:15	11:00	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:15	11:00	SPA	Aqua-Pilates		Aqua-Pilates		Aqua-Pilates		
10:15	11:10	1	Fitness Condition		Body Pump	PILATES-STRETCH_	Fitness Condition		
11:00	11:15	CROSS-HBX	Abdominales		Abdominales	Abdominales	Abdominales		
11:00	11:55	1		Body Pump				Fitness Condition	Body Pump
11:00	11:55	2						Pilates Stretch	
11:15	12:10	1	PILATES-STRETCH_		PILATES-STRETCH_	GAP	PILATES-STRETCH_		
12:15	13:00	CYCLING	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling	Cycling
13:00	13:15	CROSS-HBX		Abdominales				Abdominales	Abdominales
13:15	14:00	CYCLING	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual		
14:00	14:15	CROSS-HBX	Abdominales		Abdominales	Abdominales	Abdominales		
14:00	14:55	1				PILATES-STRETCH_			
14:00	14:55	2			Pilates Stretch				
14:15	15:00	CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
14:30	15:15	CROSS-HBX				CROSS-MET			
14:30	15:25	1	Body Pump		GAP		Body Pump		
15:00	15:15	CROSS-HBX	Abdominales		Abdominales		Abdominales		
16:00	16:45	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
17:15	18:10	1	Body Combat		Zumba	GAP	Fitness Condition		
18:00	18:45	CYCLING		Cycling				Cycling Virtual	Cycling
18:00	18:55	1						Body Pump	
18:00	18:55	2							
18:15	18:30	CROSS-HBX	Abdominales		BODY PUMP_	Pilates Stretch			
18:15	19:00	1	Fitness Condition		Abdominales	Abdominales	Abdominales		
18:15	19:10	1				Cross-Hiit 30'			
18:30	19:15	CROSS-HBX			Body Combat		Body Pump		
18:30	19:15	CYCLING	CROSS-MET		CROSS-MET	HBX BOXING			
18:30	19:15	CYCLING	Cycling		Cycling	Cycling	Cycling		
18:45	19:00	CROSS-HBX		Abdominales				Abdominales	Abdominales
19:00	19:55	2			Body-Balance	POWER YOGA	Body-Balance		
19:15	19:30	CROSS-HBX			Abdominales	Abdominales	Abdominales		
19:15	20:10	1			Body Pump	Zumba	Body Combat		
19:30	20:15	CROSS-HBX			HBX BOXING	CROSS-MET			
19:30	20:15	CYCLING			Cycling	Cycling	Cycling Virtual		
19:30	20:25	OUTDOOR				Running Club			
20:00	20:55	2			Yoga Flow				
20:15	20:30	CROSS-HBX			Abdominales	Abdominales			
20:15	21:10	1			GAP	Body Pump			
20:30	21:15	CYCLING			Cycling Virtual	Cycling Virtual	Cycling Virtual		

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://clubmetropolitan.com>