

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Martes
07:15	08:00	1	BODY PUMP_
07:15	08:00	CYCLING	Cycling Virtual
08:00	08:15	FITNESS	Abdominales
08:00	08:55	2	Tonificación
08:15	09:00	CYCLING	Cycling Virtual
08:15	09:10	1	Pilates Stretch
09:00	09:15	FITNESS	Abdominales
09:00	09:55	2	FITNESS CONDITION_
09:15	10:00	CYCLING	Cycling Virtual
09:15	10:10	1	TONIFICACIÓN_
09:30	10:00	CROSS-MET	CROSS-MET 30
10:00	10:15	FITNESS	Abdominales
10:00	10:55	2	Tonificación
10:15	11:00	CYCLING	Cycling
10:15	11:10	1	Aerostyle
10:15	11:10	IRADIER	STRETCHING_
11:00	11:15	FITNESS	Abdominales
11:00	11:55	2	Tonificación
11:15	11:30	FITNESS	HYPER STRETCH
11:15	12:10	1	Zumba
11:15	12:10	IRADIER	PILATES-STRETCH_
12:15	13:00	PISCINA	Aqua-Gym
12:15	13:10	1	SEVILLANAS_
12:15	13:10	IRADIER	Espalda Sana
13:00	13:55	2	GAP
13:15	14:00	CYCLING	Cycling Virtual
13:15	14:10	1	SEVILLANAS_
13:30	13:45	FITNESS	Abdominales
13:45	14:00	FITNESS	HYPER STRETCH
14:00	14:55	2	GAP
14:15	15:00	CROSS-MET	CROSS-MET 45
14:15	15:00	CYCLING	Cycling
14:15	15:10	1	FLAMENCO_
14:15	15:10	IRADIER	Yoga
15:00	15:15	FITNESS	Abdominales
15:15	15:30	FITNESS	HYPER STRETCH
15:15	16:10	1	TONIFICACIÓN_
16:15	16:45	FITNESS	GAP 30
17:15	18:10	1	GAP_
17:15	18:10	IRADIER	Yoga
17:30	18:00	CROSS-MET	CROSS-MET 30
17:45	18:30	CYCLING	Cycling Virtual
18:00	18:55	2	DANZA CONTEMPORÁNEO_
18:15	19:10	1	BALLET FIT
18:15	19:10	IRADIER	PILATES-STRETCH_
18:30	18:45	FITNESS	Abdominales
18:45	19:00	FITNESS	HYPER STRETCH
18:45	19:30	CYCLING	Cycling
19:00	19:55	2	GAP
19:15	20:00	CROSS-MET	CROSS-MET 45
19:15	20:00	PISCINA	Aqua-Gym
19:15	20:10	1	Zumba
19:15	20:10	IRADIER	Sevillanas
19:30	19:45	FITNESS	Abdominales
19:45	20:30	CYCLING	Cycling
20:00	20:55	CLUB	RUNNING CLUB- SKY RUN
20:00	20:55	METROPOLITAN IRADIER	PADEL CONDITION
20:00	20:55	2	Body Pump
20:15	21:00	CROSS-HIIT	HBX BOXING
20:15	21:10	1	Pilates Stretch
20:30	20:45	FITNESS	Abdominales
20:45	21:00	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>