METROPOLITAN

Iradier (BCN) - Horario válido desde el 01/05/2023 hasta el 07/05/2023

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	1		BODY PUMP_		BODY PUMP_			
07:15	08:00	CYCLING		Cycling Virtual	Cycling	Cycling Virtual	Cycling		
08:00	08:15	FITNESS		Abdominales	Abdominales	Abdominales	Abdominales		
08:00	08:55	2		Tonificación	Tonificación	Aerobic	Tonificación		
08:15	08:30	FITNESS			HYPER STRETCH		HYPER STRETCH		
08:15	09:00	CYCLING		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
08:15	09:10	1		Pilates Stretch	Fitness Condition	Pilates Stretch	Fitness Condition		
08:15	09:10	IRADIER			Yoga				
08:30	09:00	CROSS-MET			CROSS-MET 30		CROSS-MET 30		
09:00	09:15	FITNESS		Abdominales		Abdominales			
09:00	09:55	2		FITNESS CONDITION_	Tonificación	Tonificación	STRETCHING__		
09:15	10:00	CROSS-MET				CROSS-MET 45			
09:15	10:00	PISCINA			Aqua-Gym		Aqua-Gym		
09:15	10:00	CYCLING	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
09:15	10:10	1		TONIFICACIÓN_	TONIFICACIÓN_	Fitness Condition	TONIFICACIÓN_		
09:30	10:00	CROSS-MET		CROSS-MET 30					
10:00	10:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
10:00	10:55	1						BODY PUMP_	
10:00	10:55	2		Tonificación	FITNESS CONDITION_	Tonificación	Tonificación	YOGA_	
10:15	10:30	FITNESS	HYPER STRETCH		HYPER STRETCH		HYPER STRETCH	HYPER STRETCH	HYPER STRETCH
10:15	11:00	CYCLING	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:15	11:10	1		Aerostyle	TONIFICACIÓN_	Aerostyle	Fitness Condition		
10:15	11:10	IRADIER		STRETCHING_	Espalda Sana	STRETCHING_	Espalda Sana		
11:00	11:15	FITNESS		Abdominales	Abdominales	Abdominales	Abdominales		
11:00	11:55	2		Tonificación	FITNESS CONDITION_	Tonificación	STRETCHING__		
11:15	11:30	FITNESS		HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH		
11:15	12:00	PISCINA			Aqua-Gym		Aqua-Gym		
11:15	12:00	CYCLING	Cycling					Cycling	Cycling
11:15	12:10	1	Zumba	Zumba	Pilates Stretch	Fitness Condition	TONIFICACIÓN_		Zumba
11:15	12:10	2						Tonificación	
11:15	12:10	IRADIER		PILATES-STRETCH__	Power Yoga	PILATES-STRETCH__	Yoga Flow		
12:00	12:15	FITNESS	Abdominales					Abdominales	Abdominales
12:00	12:55	2					DANZA CONTEMPORÁNEO_		
12:15	12:30	FITNESS	HYPER STRETCH					HYPER STRETCH	HYPER STRETCH
12:15	12:45	2			HIPOPRESIVOS				
12:15	13:00	PISCINA		Aqua-Gym		Aqua-Gym		Aqua-Gym	Aqua-Gym
12:15	13:10	1		SEVILLANAS_	ESPALDA SANA_	STRETCHING	ESPALDA SANA_	Zumba	
12:15	13:10	2	Body Pump						Body Pump
12:15	13:10	IRADIER		Espalda Sana	BALLET FIT_	Espalda Sana			
13:00	13:55	2		GAP	Tonificación	GAP			
13:15	14:00	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
13:15	14:10	1	PILATES/YOGA	SEVILLANAS_	Zumba	Zumba	TONIFICACIÓN_	Pilates Stretch	PILATES/YOGA
13:15	14:10	IRADIER				Sevillanas			
13:30	13:45	FITNESS		Abdominales		Abdominales			
13:45	14:00	FITNESS		HYPER STRETCH		HYPER STRETCH			
14:00	14:30	CROSS-MET	CROSS-MET 30					CROSS-MET 30	CROSS-MET 30
14:00	14:55	2		GAP	Tonificación	GAP	Body Pump		
14:15	15:00	CROSS-MET		CROSS-MET 45		CROSS-MET 45			
14:15	15:00	CYCLING		Cycling	Cycling	Cycling	Cycling		
14:15	15:10	1		FLAMENCO_	Suspension Training	YOGA__	Zumba		
14:15	15:10	IRADIER		Yoga	Danza contemporánea	Flamenco			
14:30	15:00	CROSS-MET			CROSS-MET 30		CROSS-MET 30		
15:00	15:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
15:00	15:55	2			GAP				
15:15	15:30	FITNESS	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH
15:15	16:10	1		TONIFICACIÓN_		STRETCHING			
16:15	16:45	FITNESS		GAP 30		GAP 30			
17:00	17:55	2					PILATES-STRETCH_		
17:15	18:10	1		GAP_	TONIFICACIÓN_	GAP_	TONIFICACIÓN_		
17:15	18:10	IRADIER		Yoga	PILATES-STRETCH__	Power Yoga			
17:30	18:00	CROSS-MET		CROSS-MET 30	CROSS-MET 30	CROSS-MET 30	CROSS-MET 30		
17:45	18:30	CYCLING		Cycling Virtual	Cycling Virtual				
18:00	18:45	CYCLING				Cycling Virtual	Cycling Virtual		
18:00	18:55	PISTA PADEL 1				PADEL CONDITION			
18:00	18:55	2		DANZA CONTEMPORÁNEO_	ZUMBA_		GAP		
18:15	19:10	1		BALLET FIT	TONIFICACIÓN_	BALLET FIT	DANZA-JAZZ		
18:15	19:10	IRADIER		PILATES-STRETCH__	Espalda Sana	Espalda Sana			
18:30	18:45	FITNESS		Abdominales	Abdominales	Abdominales			
18:30	19:00	CROSS-MET	CROSS-MET 30					CROSS-MET 30	CROSS-MET 30
18:45	19:00	FITNESS		HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	Abdominales		
18:45	19:30	CYCLING		Cycling	Cycling				
19:00	19:45	CROSS-HIIT			Cross-Hiit 30'				
19:00	19:45	CYCLING	Cycling			Cycling	Cycling	Cycling	Cycling
19:00	19:55	2		GAP	Tonificación	Body Pump	Tonificación		
19:15	20:00	CROSS-MET		CROSS-MET 45		CROSS-MET 45			
19:15	20:00	PISCINA		Aqua-Gym		Aqua-Gym			
19:15	20:10	1		Zumba	DANZA-JAZZ	Pilates Stretch			
19:15	20:10	IRADIER		Sevillanas					
19:15	20:15	1					STRETCHING		
19:30	19:45	FITNESS		Abdominales	Abdominales				
19:45	20:00	FITNESS	Abdominales			Abdominales	Abdominales	Abdominales	Abdominales
19:45	20:30	CYCLING		Cycling	Cycling				
20:00	20:15	FITNESS	HYPER STRETCH					HYPER STRETCH	HYPER STRETCH
20:00	20:30	CROSS-MET					CROSS-MET 30		
20:00	20:45	CROSS-MET			CROSS-MET 45				
20:00	20:45	CYCLING				Cycling Virtual			
20:00	20:55	CLUB		RUNNING CLUB- SKY RUN		RUNNING CLUB- SKY RUN			
20:00	20:55	METROPOLITAN IRADIER		PADEL CONDITION					
20:00	20:55	2		Body Pump	ZUMBA_		YOGA_		
20:15	21:00	CROSS-HIIT		HBX BOXING		HBX BOXING			
20:15	21:10	1		Pilates Stretch	YOGA POWER_	GAP_			
20:15	21:10	IRADIER				Sevillanas			
20:30	20:45	FITNESS		Abdominales	Abdominales	Abdominales			
20:45	21:00	FITNESS		HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	Abdominales		

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