

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	1		Cycling Virtual	Cycling	Cycling Virtual	Cycling		
08:00	08:15	FITNESS		Abdominales	Abdominales	Abdominales	Abdominales		
08:00	08:55	2		GAP	Tonificación	FITNESS CONDITION_	Tonificación		
08:15	08:30	FITNESS			MIO-STRETCH		MIO-STRETCH		
08:15	09:00	CROSS-HIIT				HBX BOXING			
08:15	09:00	1		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
08:15	09:10	1		Pilates Stretch	Fitness Condition	Pilates Stretch	Fitness Condition		
09:00	09:15	FITNESS		Abdominales		Abdominales			
09:00	09:50	2					STRETCHING_		
09:00	09:55	2		Tonificación	FITNESS CONDITION_	Tonificación			
09:05	09:50	2							Cycling Virtual
09:15	10:00	CROSS-MET		CROSS-MET 45		CROSS-MET 45			
09:15	10:00	PISCINA			Aqua-Gym		Aqua-Gym		
09:15	10:00	1	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual	
09:15	10:10	1		Fitness Condition	GAP_	Fitness Condition	GAP_		
09:15	10:10	2						YOGA_	
09:30	10:00	CROSS-MET			CROSS-MET 30		CROSS-MET 30		
10:00	10:15	FITNESS		Abdominales	Abdominales	Abdominales	Abdominales		
10:00	10:45	1	Cycling						Cycling
10:00	10:55	2						BODY PUMP_	
10:00	10:55	2		Tonificación	Tonificación	Tonificación	Tonificación		Tonificación
10:15	10:30	FITNESS			MIO-STRETCH		MIO-STRETCH		
10:15	11:00	CROSS-HIIT		HBX BOXING	CROSS-HIIT LOWER BODY		CROSS-HIIT FULL BODY		
10:15	11:00	1		Cycling	Cycling Virtual	Cycling	Cycling Virtual		
10:15	11:00	1		Aerostyle		Aerostyle	Fitness Condition		
10:15	11:10	1		STRETCHING_	Espalda Sana	STRETCHING_	Espalda Sana		
11:00	11:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
11:00	11:55	2		Tonificación	YOGA_	Tonificación	YOGA_	Tonificación	
11:15	11:30	FITNESS	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH
11:15	12:00	PISCINA			Aqua-Gym		Aqua-Gym		
11:15	12:00	1	Cycling					Cycling	Cycling
11:15	12:10	1	Zumba	TOTAL BARRA_	Fitness Condition	TOTAL BARRA_	TONIFICACIÓN_		Zumba
11:15	12:10	1		PILATES-STRETCH_	PILATES-STRETCH_	PILATES-STRETCH_			
12:00	12:15	FITNESS	Abdominales					Abdominales	Abdominales
12:00	12:55	1						Zumba	
12:00	12:55	2		ZUMBA_		ZUMBA_	DANZA CONTEMPORÁNEO_		
12:15	12:30	FITNESS	MIO-STRETCH					MIO-STRETCH	MIO-STRETCH
12:15	12:45	2			HIPOPRESIVOS				
12:15	13:00	PISCINA	Aqua-Gym	Aqua-Gym		Aqua-Gym		Aqua-Gym	Aqua-Gym
12:15	13:05	2	Body Pump						Body Pump
12:15	13:10	1		SEVILLANAS_	ESPALDA SANA_	STRETCHING	ESPALDA SANA_		
12:15	13:10	1		Espalda Sana		Espalda Sana			
13:00	13:55	2		GAP	Tonificación	GAP			
13:15	14:00	CROSS-HIIT			HBX BOXING				
13:15	14:00	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
13:15	14:10	1	PILATES/YOGA	SEVILLANAS_	Zumba		TONIFICACIÓN_		PILATES/YOGA
13:15	14:10	2						PILATES-STRETCH_	
13:30	13:45	FITNESS		Abdominales		Abdominales			
13:45	14:00	FITNESS		MIO-STRETCH		MIO-STRETCH			
14:00	14:30	CROSS-MET	CROSS-MET 30					CROSS-MET 30	CROSS-MET 30
14:00	14:55	2		YOGA_	GAP	YOGA_	Body Pump		
14:15	15:00	CROSS-MET	CROSS-MET 45			CROSS-MET 45			
14:15	15:00	1	Cycling	Cycling	Cycling	Cycling			
14:15	15:10	1		TONIFICACIÓN_	Suspension Training	GAP_	Zumba		
14:15	15:10	1		Flamenco	STRETCHING_	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			Tonificación				
15:15	15:30	FITNESS	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH
15:15	16:10	1		GAP_		STRETCHING			
17:00	17:55	2		YOGA_		YOGA_	YOGA_		
17:15	18:10	1		GAP_	TONIFICACIÓN_	GAP_	TONIFICACIÓN_		
17:15	18:10	1			PILATES-STRETCH_				
17:30	18:00	CROSS-MET	CROSS-MET 30	CROSS-MET 30	CROSS-MET 30	CROSS-MET 30	CROSS-MET 30	CROSS-MET 30	CROSS-MET 30
18:00	18:45	2	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling
18:00	18:55	2		DANZA CONTEMPORÁNEO_	ZUMBA_	Body Combat			
18:15	19:10	1		TOTAL BARRA_	TONIFICACIÓN_	Pilates Stretch	DANZA-JAZZ		
18:15	19:10	1		PILATES-STRETCH_	Espalda Sana	TOTAL BARRA_			
18:30	19:15	PISCINA		Aqua-Gym		Aqua-Gym			
18:45	19:00	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
19:00	19:15	FITNESS	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH
19:00	19:45	CROSS-HIIT			CROSS-HIIT UPPER BODY				
19:00	19:45	CROSS-MET	CROSS-MET 45			CROSS-MET 45			
19:00	19:45	1	Cycling Virtual	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual
19:00	19:55	2		GAP	Tonificación	Body Pump			
19:15	20:10	1		Zumba	DANZA-JAZZ	Zumba			
19:15	20:10	1		Sevillanas					
19:15	20:15	1					STRETCHING		
19:45	20:00	FITNESS		Abdominales	Abdominales	Abdominales	Abdominales		
20:00	20:45	CROSS-MET			CROSS-MET 45				
20:00	20:45	1	PADEL CONDITION						
20:00	20:45	2	Cycling	Cycling	Cycling	Cycling			
20:00	20:55	1				RUNNING CLUB- SKY RUN			
20:00	20:55	2		Running Club					
20:00	21:00	2			YOGA-				
20:15	21:00	CROSS-HIIT		HBX BOXING		HBX BOXING			
20:15	21:10	1		Pilates Stretch	Zumba	GAP_			
20:15	21:10	1				Sevillanas			
20:45	21:00	FITNESS		Abdominales	Abdominales	Abdominales	Abdominales		
21:00	21:15	FITNESS		MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-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>