

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

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20:45	21:00	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
21:00	21:15	FITNESS	MIO-STRETCH	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 Metropolitán. https://clubmetropolitan.com									