

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_					
07:15	08:00	CYCLING	Cycling	Cycling Virtual	Cycling		Cycling		
08:00	08:15	FITNESS	Abdominales	Abdominales	Abdominales		Abdominales		
08:00	08:55	2	Tonificación	GAP	Tonificación				
08:15	08:30	FITNESS	MIO-STRETCH		MIO-STRETCH		MIO-STRETCH		
08:15	09:00	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual		
08:15	09:10	1	Fitness Condition	Pilates Stretch	Fitness Condition		Fitness Condition		
09:00	09:15	FITNESS		Abdominales					
09:00	09:55	2	GAP	Tonificación	FITNESS CONDITION_				
09:05	09:50	CYCLING							Cycling Virtual
09:15	10:00	CROSS-MET		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	10:10	1	TONIFICACIÓN_	Fitness Condition	GAP_		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		
10:00	10:45	CYCLING				Cycling			Cycling
10:00	10:55	1						BODY PUMP_	
10:00	10:55	2	FITNESS CONDITION_	Tonificación	Tonificación	Tonificación			Tonificación
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		Cycling Virtual		
10:15	11:10	1	STRETCHING	Aerostyle	Body Combat		Fitness Condition		
10:15	11:10	IRADIER	Espalda Sana	STRETCHING_	Espalda Sana				
11:00	11:15	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
11:00	11:55	2	YOGA_	Tonificación	YOGA_		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		Aqua-Gym		
11:15	12:00	CYCLING				Cycling		Cycling	Cycling
11:15	12:05	1				Zumba			
11:15	12:10	1	TONIFICACIÓN_	TOTAL BARRA_	Fitness Condition		TONIFICACIÓN_		Zumba
11:15	12:10	IRADIER		PILATES-STRETCH_	PILATES-STRETCH_				
12:00	12:15	FITNESS				Abdominales		Abdominales	Abdominales
12:00	12:55	1						Zumba	
12:00	12:55	2		ZUMBA_			DANZA CONTEMPORÁNEO_		
12:15	12:30	FITNESS				MIO-STRETCH		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			Body Pump
12:15	13:10	1	STRETCHING		ESPALDA SANA_		ESPALDA SANA_		
12:15	13:10	IRADIER		Espalda Sana					
13:00	13:55	2	Tonificación	GAP	Tonificación				
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	14:10	1	Zumba		Zumba	PILATES/YOGA	TONIFICACIÓN_		PILATES/YOGA
13:15	14:10	2						PILATES-STRETCH_	
13:30	13:45	FITNESS		Abdominales					
13:45	14:00	FITNESS		MIO-STRETCH					
14:00	14:30	CROSS-MET				CROSS-MET 30		CROSS-MET 30	CROSS-MET 30
14:00	14:55	2	GAP	YOGA_	GAP		Body Pump		
14:15	15:00	CROSS-MET		CROSS-MET 45					
14:15	15:00	CYCLING	Cycling	Cycling	Cycling		Cycling		
14:15	15:10	1	Suspension Training	TONIFICACIÓN_	Suspension Training		Zumba		
14:15	15:10	IRADIER	STRETCHING_		STRETCHING_				
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	15:55	2	GAP		Tonificación				
15:15	15:30	FITNESS	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH	MIO-STRETCH
15:15	16:10	1		GAP_					
15:15	16:15	1	Danza contemporánea						
17:00	17:55	2	Tonificación	YOGA_			YOGA_		
17:15	18:10	1		GAP_	TONIFICACIÓN_		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	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling
18:00	18:55	2	ZUMBA_	DANZA CONTEMPORÁNEO_	ZUMBA_				
18:15	19:10	1	TONIFICACIÓN_	TOTAL BARRA_	TONIFICACIÓN_		DANZA-JAZZ		
18:15	19:10	IRADIER	Espalda Sana	PILATES-STRETCH_	Espalda Sana				
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 LOWER BODY		CROSS-HIIT UPPER BODY				
19:00	19:45	CROSS-MET		CROSS-MET 45					
19:00	19:45	CYCLING	Cycling	Cycling	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
19:00	19:55	2	Tonificación	GAP	Tonificación				
19:15	20:10	1	DANZA-JAZZ	Zumba	DANZA-JAZZ				
19:15	20:15	1					STRETCHING		
19:45	20:00	FITNESS	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	Cycling				
20:00	20:55	OUTDOOR		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					
20:15	21:10	1	STRETCHING	Pilates Stretch	Zumba				
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>