

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:15	SALLE 1					Yoga		
07:30	08:15	CROSS-MET				CROSS-MET			
07:30	08:15	SALLE 1		CAF	DOS BIEN ÊTRE				
07:30	08:15	SALLE 2 CYCLING		Cycling		Cycling			
08:15	09:00	SALLE 1			PILATES		BURNING BARRE		
08:45	09:45	SALLE 1							Yoga
09:00	09:45	SALLE 1	Body Pump	Body-Balance	CAF		CAF	PILATES	
09:00	09:45	SALLE 2 CYCLING	Cycling		Cycling		Cycling	Cycling	
09:00	10:00	SALLE 1				Yoga			
09:30	10:15	SALLE 2 CYCLING		Cycling		Cycling			
09:45	10:30	SALLE 1		PILATES SWISSBALL					
10:00	10:15	CROSS-MET		ABDOS EXPRESS		ABDOS EXPRESS	ABDOS EXPRESS		
10:00	10:45	CROSS-MET			HBX BOXING				Fitness Condition
10:00	10:45	SALLE 1			STRETCHING		PILATES	CAF	Body Pump
10:00	11:00	CROSS-MET						CROSS-MET	
10:15	10:30	CROSS-MET		FESSIER EXPRESS		FESSIER EXPRESS	STRETCHING EXPRESS		
10:15	11:00	SALLE 1				PILATES			
10:30	11:15	SALLE 1		PILATES					
11:00	11:45	CROSS-MET	Suspension Training	CROSS-MET		CROSS-MET	Suspension Training		CROSS-MET
11:00	11:45	SALLE 1	PILATES		Step		DOS BIEN ÊTRE		
11:00	11:45	SALLE 2 CYCLING						Cycling	Cycling
11:00	12:00	SALLE 1						Yoga	
11:15	12:00	SALLE 1		DANSE		STRETCHING			
11:45	12:00	CROSS-MET	ABDOS EXPRESS	ABDOS EXPRESS	ABDOS EXPRESS	ABDOS EXPRESS		ABDOS EXPRESS	
11:45	12:15	CROSS-MET					ABS HYPOPRESSIFS		
12:00	12:15	CROSS-MET	FESSIER EXPRESS	FESSIER EXPRESS	STRETCHING EXPRESS	FESSIER EXPRESS		STRETCHING EXPRESS	ABDOS EXPRESS
12:00	13:00	SALLE 1						BACHATA	
12:00	13:30	SALLE 1			SELF DEFENSE				
12:15	12:30	CROSS-MET							STRETCHING EXPRESS
12:15	13:00	CROSS-MET		Suspension Training		Suspension Training			
12:15	13:00	SALLE 1	Body Pump	Body Pump		DANSE	Body Pump		STRETCHING
12:15	13:15	CROSS-MET			CROSS-MET		CROSS-MET	CROSS-MET	
12:30	13:15	SALLE 2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
13:15	14:00	CROSS-MET	Suspension Training				HBX BOXING		Suspension Training
13:15	14:00	SALLE 1		DOS BIEN ÊTRE		Fitness Condition			
13:15	14:15	SALLE 1					Yoga	Yoga	
13:30	14:15	SALLE 1			PILATES				
14:15	15:00	SALLE 1				PILATES SWISSBALL		YOGA NIDRA	
14:15	15:15	SALLE 1			Yoga				
15:00	15:15	CROSS-MET						ABDOS EXPRESS	ABDOS EXPRESS
15:15	15:30	CROSS-MET						FESSIER EXPRESS	STRETCHING EXPRESS
16:00	16:15	CROSS-MET		ABDOS EXPRESS			ABDOS EXPRESS		
16:00	16:30	CROSS-MET				ABS HYPOPRESSIFS			
16:00	16:45	CROSS-MET						Fitness Condition	HBX BOXING
16:00	16:45	SALLE 1		BARRE AU SOL		BARRE AU SOL	PILATES SWISSBALL	PILATES	
16:15	16:30	CROSS-MET		STRETCHING EXPRESS			FESSIER EXPRESS		
17:00	17:30	SALLE 1			SPECIAL FESSIERS				
17:00	17:45	CROSS-MET		Fitness Condition	Suspension Training	CROSS-MET	Suspension Training		
17:00	17:45	SALLE 1					PILATES	Body Pump	DANSE
17:00	17:45	SALLE 2 CYCLING						Cycling	Cycling
17:30	18:15	SALLE 1	Body Pump	Step	PILATES	Body-Balance			
17:30	18:15	SALLE 2 CYCLING		Cycling	Cycling		Cycling		
17:45	18:00	CROSS-MET	ABDOS EXPRESS	ABDOS EXPRESS	ABDOS EXPRESS	ABDOS EXPRESS	ABDOS EXPRESS	ABDOS EXPRESS	
17:45	18:30	SALLE 1					YOGA NIDRA		
18:00	18:15	CROSS-MET	FESSIER EXPRESS	STRETCHING EXPRESS	FESSIER EXPRESS	STRETCHING EXPRESS	FESSIER EXPRESS		
18:30	19:15	CROSS-MET	CROSS-MET	Suspension Training		HBX BOXING			
18:30	19:15	SALLE 1	STREET DANCE	CAF	BODY JAM	Step	Body Combat		
18:30	19:15	SALLE 2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
18:30	19:30	CROSS-MET			CROSS-MET		CROSS-MET		
18:30	19:30	OUTDOOR	Running Club		Running Club	Running Club			
19:30	20:15	CROSS-MET		HBX BOXING	Suspension Training	CROSS-MET	Suspension Training		
19:30	20:15	SALLE 1			Body Combat		STRETCHING		
19:30	20:15	SALLE 2 CYCLING			Cycling				
19:30	20:30	SALLE 1		Yoga		Body Pump			

■ 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>