

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Martes
07:15	08:00	2 CYCLING	Cycling Virtual
07:15	08:10	1	BODY-PUMP
08:15	08:30	CROSS-MET	Abdominales
08:30	08:45	CROSS-MET	STRETCHING
09:00	09:55	3	Espalda Sana
10:00	10:45	2 CYCLING	Cycling
10:15	11:10	1	Fitness Condition
10:45	11:00	CROSS-MET	Abdominales
11:00	11:15	CROSS-MET	MIO-STRETCH
11:00	11:45	2 CYCLING	Cycling Virtual
11:15	12:10	1	Zumba
12:00	12:55	3	Body-Balance
13:00	13:45	2 CYCLING	Cycling Virtual
13:15	14:10	1	BODY-PUMP
13:30	13:45	CROSS-MET	Abdominales
13:45	14:00	CROSS-MET	STRETCHING
14:00	14:45	2 CYCLING	Cycling
14:00	14:55	OUTDOOR	Running Club
14:15	15:10	1	Zumba
14:30	15:00	CROSS-MET	CROSS-MET 30
15:00	15:15	CROSS-MET	Abdominales
15:15	15:30	CROSS-MET	MIO-STRETCH
16:00	16:45	2 CYCLING	Cycling Virtual
17:00	17:55	3	Body-Balance
18:00	18:30	CROSS-MET	Suspension Training
18:15	19:10	1	Fitness Condition
19:00	19:45	CROSS-MET	CROSS-MET
19:00	19:45	2 CYCLING	Cycling
19:00	19:55	3	Pilates Stretch
19:15	20:10	1	BODY-PUMP
19:45	20:00	CROSS-MET	Abdominales
20:00	20:15	CROSS-MET	STRETCHING
20:00	20:45	2 CYCLING	Cycling Virtual
20:00	20:55	3	Yoga
20:15	21:10	1	Zumba
20:45	21:00	CROSS-MET	Abdominales

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://clubmetropolitán.com>