

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual		
07:15	08:10	1		BODY-PUMP		BODY-PUMP			
07:15	08:10	3					Espalda Sana		
07:30	08:00	CROSS-MET	CROSS-MET 30		CROSS-MET 30		CROSS-MET 30		
08:00	08:15	CROSS-MET	Abdominales		Abdominales		Abdominales		
08:15	08:30	CROSS-MET		Abdominales		Abdominales			
08:30	08:45	CROSS-MET		STRETCHING		STRETCHING			
09:00	09:55	1						Yoga	
09:00	09:55	3		Pilates Stretch		Espalda Sana			
09:30	10:00	CROSS-MET		CROSS-MET 30		CROSS-MET 30		CROSS-MET 30	CROSS-MET 30
09:30	10:15	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual			
10:00	10:45	CROSS-MET			CROSS-MET				
10:00	10:45	2 CYCLING					Cycling Virtual	Cycling Virtual	Cycling Virtual
10:00	10:55	1	Body Combat	Fitness Condition		Fitness Condition	BODY-PUMP	Fitness Condition	
10:00	10:55	3	Espalda Sana		Pilates Stretch				Espalda Sana
10:30	10:45	CROSS-MET		Abdominales		Abdominales			
10:30	11:00	CROSS-MET	CROSS-MET 30				CROSS-MET 30		
10:30	11:15	2 CYCLING	Cycling Virtual	Cycling		FTP (CYCLING)			
11:00	11:15	CROSS-MET				MIO-STRETCH			
11:00	11:45	2 CYCLING						Cycling	Cycling
11:00	11:55	1	GAP	Zumba		Zumba		Zumba	
11:00	11:55	3			Espalda Sana		Pilates Stretch		
11:30	12:15	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
11:45	12:00	CROSS-MET	Abdominales	MIO-STRETCH	Abdominales	STRETCHING	Abdominales	Abdominales	Abdominales
12:00	12:15	CROSS-MET	MIO-STRETCH		MIO-STRETCH		MIO-STRETCH	MIO-STRETCH	MIO-STRETCH
12:00	12:55	1						GAP	Fitness Condition
12:00	12:55	3		Body-Balance		Body-Balance			
13:00	13:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
13:15	14:10	3			Body-Balance				
13:30	13:45	CROSS-MET		Abdominales		Abdominales			
13:30	14:00	CROSS-MET	CROSS-MET 30		CROSS-MET 30		Suspension Training		
13:30	14:25	1		BODY-PUMP		BODY-PUMP	Zumba		
13:30	14:25	3	Yoga						
13:45	14:00	CROSS-MET		STRETCHING		STRETCHING			
14:00	14:45	2 CYCLING	Cycling		Cycling				
14:30	15:00	CROSS-MET		CROSS-MET 30		Suspension Training			
14:30	15:15	2 CYCLING		Cycling			Cycling		
14:30	15:25	1	BODY-PUMP		BODY-PUMP	Body Combat			
14:45	15:00	CROSS-MET	Abdominales		Abdominales		Abdominales		
15:00	15:15	CROSS-MET	MIO-STRETCH	Abdominales	MIO-STRETCH	Abdominales	MIO-STRETCH		
15:15	15:30	CROSS-MET		MIO-STRETCH		MIO-STRETCH			
15:30	16:00	CROSS-MET						Suspension Training	CROSS-MET 30
16:00	16:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
17:00	17:55	1	Fitness Condition		GAP		BODY-PUMP		
17:00	17:55	3	Espalda Sana		Espalda Sana	Body-Balance			
17:30	18:00	CROSS-MET	CROSS-MET 30	Suspension Training	CROSS-MET 30	Suspension Training			
18:00	18:30	CROSS-MET						CROSS-MET 30	Suspension Training
18:00	18:45	2 CYCLING	Cycling Virtual	Cycling	Cycling				
18:00	18:55	1	Zumba	Fitness Condition	BODY-PUMP	Fitness Condition			
18:00	18:55	3	Body-Balance	Body-Balance	Espalda Sana	Espalda Sana	Pilates Stretch		Espalda Sana
18:30	19:00	CROSS-MET					Suspension Training		
19:00	19:45	CROSS-MET		CROSS-MET		CROSS-MET			
19:00	19:45	2 CYCLING	Cycling	Cycling	Cycling	FTP (CYCLING)	Cycling		Cycling
19:00	19:55	OUTDOOR	Running Club	Running Club	Running Club	Running Club			
19:00	19:55	1	GAP	BODY-PUMP	Body Combat	BODY-PUMP			
19:00	19:55	3	Pilates Stretch	Pilates Stretch	Yoga	Pilates Stretch			
19:45	20:00	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
20:00	20:15	CROSS-MET		MIO-STRETCH			MIO-STRETCH		
20:00	20:25	3	HIPOPRESIVOS		HIPOPRESIVOS				
20:00	20:45	CROSS-MET	CROSS-MET		CROSS-MET				
20:00	20:45	2 CYCLING	Cycling						
20:00	20:55	1	Body Combat	GAP	BODY-PUMP	Body Combat			
20:00	20:55	3		Yoga		Yoga			
20:30	21:10	3			Pilates Stretch				
20:30	21:15	2 CYCLING		Cycling		FTP (CYCLING)			
20:30	21:25	3	Yoga						
20:45	21:00	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
21:00	21:15	CROSS-MET	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://clubmetropolitán.com>