

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Miércoles
07:15	08:00	2 CYCLING	Cycling
07:30	08:00	CROSS-MET	CROSS-MET 30
08:00	08:15	CROSS-MET	Abdominales
09:30	10:15	2 CYCLING	Cycling
10:00	10:45	CROSS-MET	CROSS-MET
10:00	10:55	3	Pilates Stretch
11:00	11:45	2 CYCLING	Cycling
11:45	12:00	CROSS-MET	Abdominales
12:00	12:15	CROSS-MET	MIO-STRETCH
13:00	13:45	2 CYCLING	Cycling Virtual
13:30	14:00	CROSS-MET	Suspension Training
14:00	14:45	2 CYCLING	Cycling
14:30	15:25	1	BODY-PUMP
14:45	15:00	CROSS-MET	Abdominales
15:00	15:15	CROSS-MET	MIO-STRETCH
16:00	16:45	2 CYCLING	Cycling Virtual
17:00	17:55	1	GAP
17:00	17:55	3	Espalda Sana
17:30	18:00	CROSS-MET	CROSS-MET 30
18:00	18:45	2 CYCLING	Cycling
18:00	18:55	3	Espalda Sana
19:00	19:45	2 CYCLING	Cycling
19:00	19:55	OUTDOOR	Running Club
19:00	19:55	1	Body Combat
19:00	19:55	3	Yoga
19:45	20:00	CROSS-MET	Abdominales
20:00	20:25	3	HIPOPRESIVOS
20:00	20:45	CROSS-MET	CROSS-MET
20:00	20:55	1	BODY-PUMP
20:30	21:10	3	Pilates Stretch
20:45	21:00	CROSS-MET	Abdominales
21:00	21:15	CROSS-MET	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>