

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes
07:30	08:15	2 CYCLING	Cycling
08:15	08:30	4	Abdominales
08:30	09:25	1	Body Pump
09:30	10:00	3	GAP EXPRESS
09:30	10:25	1	Pilates Stretch
10:00	10:55	OUTDOOR	Running Club
10:15	10:30	4	Abdominales
10:30	11:25	1	Yoga
11:00	11:45	CROSS-MET	CROSS-MET
11:15	12:00	2 CYCLING	Cycling
11:30	12:00	3	HIPOPRESIVOS
12:15	12:45	PISCINA	AQUA ESPALDA
12:15	13:10	1	Zumba
14:00	14:15	4	Abdominales
14:00	14:55	1	GAP
14:15	15:00	2 CYCLING	Cycling
14:30	15:15	CROSS-MET	CROSS-MET
15:00	15:45	PISCINA	Swimming Club
15:30	16:15	2 CYCLING	Cycling Virtual
17:00	17:55	1	Pilates Stretch
17:15	17:45	FITNESS	EASY CIRCUIT
17:45	18:00	4	Abdominales
17:45	18:30	RADIKCAL	RADIKCAL EXTREME
18:00	18:45	3	Suspension Training
18:00	18:55	1	Aero Latino
18:45	19:30	2 CYCLING	Cycling
19:00	19:55	1	Body Pump
19:30	20:15	CROSS-MET	CROSS-MET
19:45	20:30	2 CYCLING	Cycling
20:00	20:30	3	GAP EXPRESS
20:00	20:55	OUTDOOR	Running Club
20:00	20:55	1	Body-Balance
20:30	21:00	3	Suspension Training
20:30	21:15	CROSS-MET	CROSS-MET
20:45	21:30	2 CYCLING	Cycling
21:00	21:45	PISCINA	Swimming Club
21:00	21:55	1	Body Combat
21:00	21:55	3	ESPALDA SANA_
21:15	21:30	4	Abdominales

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>