

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Jueves              |
|--------|-------|-----------|---------------------|
| 07:30  | 08:15 | 2 CYCLING | Cycling Virtual     |
| 07:30  | 08:25 | 1         | Body Pump           |
| 08:15  | 08:30 | CROSS-MET | Abdominales         |
| 09:15  | 10:00 | 2 CYCLING | Cycling             |
| 09:30  | 10:25 | 1         | Espalda Sana        |
| 10:15  | 10:30 | CROSS-MET | Abdominales         |
| 10:30  | 11:00 | PISCINA   | AQUAGYM             |
| 10:30  | 11:25 | 1         | Aero Latino         |
| 11:15  | 12:00 | 3         | Suspension Training |
| 11:30  | 12:00 | PISCINA   | Aquaboard           |
| 12:00  | 12:55 | 1         | Body-Balance        |
| 13:00  | 13:45 | 2 CYCLING | Cycling Virtual     |
| 14:00  | 14:15 | CROSS-MET | Abdominales         |
| 14:00  | 14:55 | 1         | Body Pump           |
| 14:15  | 15:00 | 2 CYCLING | Cycling             |
| 14:30  | 15:15 | CROSS-MET | CROSS-MET           |
| 14:30  | 15:25 | 3         | ZUMBA_              |
| 15:30  | 16:15 | 2 CYCLING | Cycling Virtual     |
| 16:30  | 17:00 | PISCINA   | AQUA ESPALDA        |
| 17:00  | 17:55 | 1         | Yoga                |
| 17:15  | 17:45 | 3         | HIPOPRESIVOS        |
| 17:45  | 18:00 | CROSS-MET | Abdominales         |
| 18:00  | 18:55 | 1         | Body-Balance        |
| 18:45  | 19:30 | 2 CYCLING | Cycling             |
| 19:00  | 19:55 | 1         | Body Combat         |
| 19:00  | 19:55 | 3         | AEROSTYLE_          |
| 19:30  | 20:00 | PISCINA   | Aquaboard           |
| 19:30  | 21:00 | CROSS-MET | CROSSMET-GAMES      |
| 19:45  | 20:30 | 2 CYCLING | Cycling             |
| 20:00  | 20:30 | 3         | GAP EXPRESS         |
| 20:00  | 20:55 | 1         | Body Pump           |
| 20:30  | 21:00 | 3         | Suspension Training |
| 20:30  | 21:30 | 4         | Defensa Personal    |
| 20:45  | 21:30 | 2 CYCLING | Cycling             |
| 21:00  | 21:55 | 1         | Zumba               |
| 21:00  | 21:55 | 3         | PILATES-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>