

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	3	Body Pump
08:15	08:30	CROSS-MET	Abdominales
09:15	10:00	2 CYCLING	Cycling
09:30	10:25	3	Espalda Sana
10:15	10:30	CROSS-MET	Abdominales
10:30	11:00	PISCINA	AQUAGYM
10:30	11:25	3	Aero Latino
11:00	11:45	CROSS-MET	CROSS-MET
11:30	12:00	3	Suspension Training
12:00	12:55	3	Body-Balance
13:00	13:45	2 CYCLING	Cycling Virtual
14:00	14:15	CROSS-MET	Abdominales
14:00	14:55	3	Body Pump
14:15	15:00	2 CYCLING	Cycling
14:30	15:15	CROSS-MET	CROSS-MET
15:30	16:15	2 CYCLING	Cycling Virtual
16:30	17:00	PISCINA	AQUA ESPALDA
17:00	17:55	3	Yoga
17:45	18:00	CROSS-MET	Abdominales
17:45	18:30	RADIKCAL	RADIKCAL EXTREME
18:00	18:55	3	Body-Balance
18:45	19:30	2 CYCLING	Cycling
19:00	19:30	CROSS-MET	CROSS-HIIT
19:00	19:55	3	Body Combat
19:30	20:15	CROSS-MET	CROSS-MET
19:30	20:15	PISCINA	SWIMMING TECNIFICACIÓN
19:45	20:30	2 CYCLING	Cycling
20:00	20:55	3	Body Pump
20:00	21:00	OUTDOOR	Running Club
20:30	21:15	CROSS-MET	CROSS-MET
20:30	21:30	4	Defensa Personal
20:45	21:30	2 CYCLING	Cycling
21:00	21:55	3	Zumba

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>