

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:30	08:15	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual			
07:30	08:20	1		GAP		Body Pump			
08:15	08:30	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
08:30	09:15	2 CYCLING					Cycling		
08:30	09:20	1	Body Pump		GAP				
09:15	10:00	2 CYCLING		Cycling		Cycling			
09:15	10:35	1						Yoga	
09:30	10:00	3	GAP EXPRESS		GAP EXPRESS		GAP EXPRESS		
09:30	10:20	1	Pilates Stretch	Espalda Sana	Pilates Stretch	Espalda Sana	Body-Balance		
10:00	10:45	2 CYCLING						Cycling Virtual	Cycling Virtual
10:00	10:50	3		YOGA_		YOGA_			
10:00	10:55	OUTDOOR	Running Club		Running Club				
10:15	10:30	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
10:30	10:45	CROSS-MET						Abdominales	Abdominales
10:30	11:00	PISCINA		AQUAGYM		AQUAGYM			
10:30	11:20	1		Aero Latino		Aero Latino	GAP		
10:30	12:00	1	Yoga						
10:45	11:35	1						Tonificación	GAP
11:00	11:30	PISCINA							Aquaboard
11:00	11:30	3					HIPOPRESIVOS		
11:00	11:45	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET		
11:00	11:45	2 CYCLING	Cycling						
11:00	11:50	1			Aero Latino				
11:15	12:00	2 CYCLING			Cycling Virtual				
11:15	12:00	3		Suspension Training		Suspension Training			
11:30	12:00	3	HIPOPRESIVOS		HIPOPRESIVOS				
11:30	12:20	3					ZUMBA_		
11:30	13:00	1					Yoga		
11:45	12:35	1						Aero Latino	
12:00	12:45	2 CYCLING						Cycling	Cycling
12:00	12:50	1		Pilates Stretch	Yoga	Body-Balance			
12:15	12:45	PISCINA	AQUA ESPALDA		AQUA ESPALDA		AQUA ESPALDA		AQUAGYM
12:15	13:05	1	Zumba						
12:45	13:15	PISCINA						AQUAGYM	
13:00	13:45	2 CYCLING		Cycling Virtual		Cycling Virtual			
13:15	13:30	CROSS-MET						Abdominales	Abdominales
13:15	14:00	2 CYCLING						Cycling Virtual	Cycling Virtual
14:00	14:15	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
14:00	14:50	1	GAP	Body Pump	Body Combat	Body Pump	Body-Balance		
14:15	14:45	PISCINA		Aquaboard					
14:15	15:00	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
14:30	15:15	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET		
14:30	15:15	3			Suspension Training				
14:30	15:20	3		ZUMBA_		ZUMBA_			
15:00	15:45	PISCINA	Swimming Club		Swimming Club		Swimming Club		
15:30	16:15	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30	16:20	1					Body Pump		
16:00	16:50	1		Yoga					
16:15	16:45	PISCINA				AQUA ESPALDA			
16:30	17:00	PISCINA		AQUA ESPALDA					
17:00	17:30	3				Suspension Training			
17:00	17:45	2 CYCLING						Cycling Virtual	Cycling Virtual
17:00	17:50	1	Pilates Stretch	Body-Balance	Body-Balance	Yoga			
17:00	17:50	3		GAP_					
17:00	18:20	1					Yoga		
17:30	17:45	CROSS-MET						Abdominales	Abdominales
17:45	18:00	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
17:45	18:30	RADIKAL	RADIKAL EXTREME	RADIKAL EXTREME	RADIKAL EXTREME	RADIKAL EXTREME			
17:45	18:30	2 CYCLING	Cycling	Cycling					
18:00	18:30	PISCINA						Aquaboard	Aquaboard
18:00	18:45	CROSS-MET						CROSS-MET	
18:00	18:45	3	Suspension Training	Suspension Training	Suspension Training	Suspension Training	Suspension Training		
18:00	18:50	1	Aero Latino	Body Pump	Zumba	Body-Balance		Zumba	Tonificación
18:30	19:20	1					Aero Latino		
18:45	19:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
19:00	19:45	3				CROSS-HIIT_			
19:00	19:50	1	Body Pump	Body Combat	Body Pump	Body Combat			
19:00	19:50	3		AEROSTYLE_	YOGA_				
19:15	19:45	PISCINA						AQUAGYM	AQUAGYM
19:15	20:00	2 CYCLING							Cycling
19:30	20:15	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET		
19:30	20:15	PISCINA				SWIMMING TECNIFICACIÓN			
19:30	20:20	1					Body Pump		
19:30	20:30	PISCINA					Swimming Club		
19:45	20:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
20:00	20:30	3	GAP EXPRESS	GAP EXPRESS	GAP EXPRESS	GAP EXPRESS			
20:00	20:50	1	Body-Balance	Zumba	Body Combat	Body Pump			
20:00	20:55	OUTDOOR	Running Club	Running Club	Running Club				
20:00	21:00	OUTDOOR				Running Club			
20:30	21:00	3	Suspension Training	Suspension Training	Suspension Training	Suspension Training			
20:30	21:15	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET			
20:30	21:30	4		Defensa Personal		Defensa Personal			
20:45	21:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual		
21:00	21:45	PISCINA	Swimming Club		Swimming Club				
21:00	21:50	1	Body Combat	Body Pump	Body-Balance	Zumba			
21:00	21:50	3	ESPALDA SANA_	PILATES-STRETCH_	ESPALDA SANA_	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 Metropolitan. <https://clubnmetropolitan.com>