

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 |                     |                     |                     |                        |                     |                 |                 |
| 08:30  | 09:20 | 1         | Body Pump           |                     | GAP                 |                        | Cycling             |                 |                 |
| 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>