

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Viernes             |
|--------|-------|-----------|---------------------|
| 08:15  | 08:30 | CROSS-MET | Abdominales         |
| 08:30  | 09:15 | 2 CYCLING | Cycling             |
| 09:30  | 10:00 | 3         | GAP EXPRESS         |
| 09:30  | 10:20 | 1         | Body-Balance        |
| 10:15  | 10:30 | CROSS-MET | Abdominales         |
| 10:30  | 11:20 | 1         | GAP                 |
| 11:00  | 11:30 | 3         | HIPOPRESIVOS        |
| 11:00  | 11:45 | CROSS-MET | CROSS-MET           |
| 11:30  | 12:20 | 3         | ZUMBA               |
| 12:15  | 12:45 | PISCINA   | AQUA ESPALDA        |
| 14:00  | 14:15 | CROSS-MET | Abdominales         |
| 14:00  | 14:50 | 1         | Body-Balance        |
| 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     |
| 15:30  | 16:20 | 1         | Body Pump           |
| 17:00  | 18:20 | 1         | Yoga                |
| 17:45  | 18:00 | CROSS-MET | Abdominales         |
| 18:00  | 18:45 | 3         | Suspension Training |
| 18:30  | 19:20 | 1         | Aero Latino         |
| 18:45  | 19:30 | 2 CYCLING | Cycling             |
| 19:30  | 20:15 | CROSS-MET | CROSS-MET           |
| 19:30  | 20:20 | 1         | Body Pump           |
| 19:30  | 20:30 | PISCINA   | Swimming Club       |
| 19:45  | 20:30 | 2 CYCLING | Cycling             |
| 20:45  | 21:30 | 2 CYCLING | Cycling Virtual     |

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://clubmetropolitan.com>