

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes
07:30	08:15	2 CYCLING	Cycling
08:15	08:30	CROSS-MET	Abdominales
08:30	09:20	1	Body Pump
09:30	10:00	3	GAP EXPRESS
09:30	10:20	1	Pilates Stretch
10:15	10:30	CROSS-MET	Abdominales
10:30	12:00	1	Yoga
11:00	11:45	CROSS-MET	CROSS-MET
11:00	11:45	2 CYCLING	Cycling
11:30	12:00	3	HIPOPRESIVOS
12:15	12:45	PISCINA	AQUA ESPALDA
12:15	13:05	1	Zumba
14:00	14:15	CROSS-MET	Abdominales
14:00	14:50	1	GAP
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
17:00	17:50	1	Pilates Stretch
17:45	18:00	CROSS-MET	Abdominales
18:00	18:45	3	Suspension Training
18:00	18:50	1	Aero Latino
18:45	19:30	2 CYCLING	Cycling
19:00	19:50	1	Body Pump
19:30	20:15	CROSS-MET	CROSS-MET
19:45	20:30	2 CYCLING	Cycling
20:00	20:30	3	GAP EXPRESS
20:00	20:50	1	Body-Balance
20:30	21:15	CROSS-MET	CROSS-MET
20:45	21:30	2 CYCLING	Cycling
21:00	21:45	PISCINA	Swimming Club
21:00	21:50	1	Body Combat
21:00	21:50	3	ESPALDA SANA

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>