

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Jueves
07:30	08:15	2 CYCLING	Cycling Virtual
07:30	08:20	1	Body Pump
08:15	08:30	CROSS-MET	Abdominales
09:15	10:00	2 CYCLING	Cycling
09:30	10:20	1	Espalda Sana
10:00	10:50	3	YOGA_
10:15	10:30	CROSS-MET	Abdominales
10:30	11:00	PISCINA	AQUAGYM
10:30	11:20	1	Aero Latino
11:00	11:45	CROSS-MET	CROSS-MET
11:15	12:00	3	Suspension Training
12:00	12:50	1	Body-Balance
13:00	13:45	2 CYCLING	Cycling Virtual
14:00	14:15	CROSS-MET	Abdominales
14:00	14:50	1	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
16:15	16:45	PISCINA	AQUA ESPALDA
17:00	17:30	3	Suspension Training
17:00	17:50	1	Yoga
17:45	18:00	CROSS-MET	Abdominales
18:00	18:45	3	Suspension Training
18:00	18:50	1	Body-Balance
18:45	19:30	2 CYCLING	Cycling
19:00	19:50	1	Body Combat
19:30	20:15	CROSS-MET	CROSS-MET
19:45	20:30	2 CYCLING	Cycling
20:00	20:50	1	Body Pump
20:30	21:00	3	Suspension Training
20:30	21:15	CROSS-MET	CROSS-MET
20:45	21:30	2 CYCLING	Cycling
21:00	21:50	1	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>