

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Miércoles
07:30	08:15	2 CYCLING	Cycling
08:15	08:30	CROSS-MET	Abdominales
08:30	09:20	1	GAP
09:15	10:00	2 CYCLING	Cycling
09:30	10:00	3	GAP EXPRESS
09:30	10:20	1	Pilates Stretch
10:00	10:55	OUTDOOR	Running Club
10:15	10:30	CROSS-MET	Abdominales
11:00	11:45	CROSS-MET	CROSS-ATHLETICS
11:00	11:50	1	Aero Latino
11:15	12:00	2 CYCLING	Cycling Virtual
11:30	12:00	3	HIPOPRESIVOS
12:00	12:50	1	Yoga
12:15	12:45	PISCINA	AQUA ESPALDA
14:00	14:15	CROSS-MET	Abdominales
14:00	14:50	1	Zumba
14:15	15:00	2 CYCLING	Cycling
14:30	15:15	CROSS-MET	CROSS-MET
14:30	15:15	3	Suspension Training
15:00	15:45	PISCINA	Swimming Club
15:30	16:15	2 CYCLING	Cycling Virtual
17:00	17:30	CROSS-MET	HYPER STRETCH
17:00	17:50	1	Body-Balance
17:45	18:00	CROSS-MET	Abdominales
17:45	18:30	RADIKCAL	RADIKCAL EXTREME
18:00	18:45	3	Suspension Training
18:00	18:50	1	Zumba
18:45	19:30	2 CYCLING	Cycling
19:00	19:50	1	Body Pump
19:00	19:50	3	ESPALDA SANA
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 Combat
20:00	20:55	OUTDOOR	Running Club
20:30	21:00	3	Suspension Training
20:30	21:15	CROSS-MET	CROSS-ATHLETICS
20:45	21:30	2 CYCLING	Cycling
21:00	21:30	TATAMI	HYPER STRETCH
21:00	21:45	PISCINA	Swimming Club
21:00	21:50	1	Body-Balance
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>