

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	CROSS-MET OUTDOOR		CROSS-MET					
07:15	08:10	1	BODY-PUMP						
07:15	08:10	2			Pilates Stretch				
07:30	08:00	PISCINA	Swimming Club	Swimming Club	Swimming Club				
07:30	08:15	CYCLING		Cycling	Cycling Virtual				
08:00	08:15	ZONA FITNESS		BIOCIRCUIT EXPRESS					
08:15	08:30	ZONA FITNESS	Abdominales	Abdominales	Abdominales				
08:15	09:00	CROSS-HIIT	CROSS-HIIT FULL BODY						
08:15	09:05	2	Pilates Stretch						
08:15	09:10	2			Yoga				
09:00	09:55	1		Fitness Condition					
09:05	09:55	1	Body Combat						
09:15	10:10	2	Yoga		Pilates Stretch				
09:30	09:45	ZONA FITNESS				BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS
09:30	10:00	PISCINA		AQUA-GYM 30'					
09:30	10:15	PISCINA	Aqua-Gym			Aqua-Gym	Aqua-Gym		Aqua-Gym
09:30	10:15	CYCLING	Cycling	Cycling Virtual	Cycling				
09:30	10:25	1			BODY-PUMP				
09:30	10:25	2				Pilates Stretch	Pilates Stretch	Yoga	Pilates Stretch
10:00	10:30	PISCINA						Swimming Club	
10:00	10:45	CYCLING						Cycling	
10:00	10:55	1	Zumba	BODY-PUMP					
10:15	10:30	ZONA FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
10:15	11:00	CROSS-HIIT		HBX Boxing					
10:15	11:10	2	Body-Balance	Yoga					
10:30	11:15	CROSS-MET OUTDOOR		CROSS-MET					
10:30	11:15	PISCINA		Aqua-Gym				Aqua-Gym	
10:30	11:15	CYCLING	Cycling	Cycling	Cycling Virtual				
10:30	11:25	1			Body Combat			BODY-PUMP	
11:00	11:15	ZONA FITNESS		Abdominales					
11:00	11:30	PISCINA				Swimming Club	Swimming Club		Swimming Club
11:00	11:45	PISCINA	Aqua-Gym		Aqua-Gym				
11:00	11:45	CYCLING				Cycling	Cycling	Cycling	Cycling
11:00	11:55	1	GAP	Body Combat					
11:15	11:45	CROSS-HIIT	Suspension Training		Suspension Training				
11:15	12:00	CROSS-HIIT		CROSS-HIIT UPPER BODY					
11:15	12:10	2		Espalda Sana					
11:30	12:15	CYCLING	Cycling Virtual	Cycling Virtual					
11:30	12:25	1			Zumba			Body Combat	
11:45	12:00	ZONA FITNESS				Abdominales	Abdominales	Abdominales	Abdominales
12:00	12:30	CROSS-HIIT		Suspension Training		CROSS-HIIT FULL BODY	CROSS-HIIT FULL BODY		CROSS-HIIT FULL BODY
12:00	12:45	PISCINA	Aqua-Gym						
12:00	12:55	1				GAP	GAP		GAP
12:00	12:55	2						Pilates Stretch	
12:15	12:30	ZONA FITNESS	BIOCIRCUIT EXPRESS		BIOCIRCUIT EXPRESS				
12:30	13:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
13:00	13:15	ZONA FITNESS		BIOCIRCUIT EXPRESS					
13:00	13:30	PISCINA				Swimming Club	Swimming Club	Swimming Club	Swimming Club
13:00	13:30	ZONA FITNESS			HYPER-STRETCH				
13:00	13:55	1	Fitness Condition						
14:00	14:30	PISCINA	Swimming Club	Swimming Club	Swimming Club				
14:00	14:55	PISTA PADEL 4		PADEL CONDITION					
14:15	15:00	CROSS-MET OUTDOOR	CROSS-MET		CROSS-MET				
14:15	15:00	CROSS-HIIT		HBX Round					
14:15	15:10	2	Yoga		Pilates Stretch				
14:30	15:15	CYCLING	Cycling Virtual	Cycling	Cycling Virtual				
14:30	15:25	1	Body Combat		BODY-PUMP				
15:30	15:45	ZONA FITNESS	Abdominales		Abdominales				
15:30	16:00	CROSS-HIIT		Suspension Training					
15:30	16:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
16:00	16:15	ZONA FITNESS		Abdominales		BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS
16:00	16:30	CROSS-HIIT	Suspension Training		Suspension Training				
17:00	17:15	ZONA FITNESS	BIOCIRCUIT EXPRESS		BIOCIRCUIT EXPRESS				
17:00	17:55	1		GAP					
17:15	18:00	CROSS-HIIT	CROSS-HIIT UPPER BODY						
17:15	18:10	2		Pilates Stretch					
17:30	18:00	PISCINA				Swimming Club	Swimming Club		Swimming Club
17:30	18:15	CYCLING	Cycling		Cycling				
17:30	18:25	1				BODY-PUMP	BODY-PUMP		BODY-PUMP
18:00	18:30	PISCINA						Swimming Club	
18:00	18:45	CROSS-MET OUTDOOR		CROSS-MET					
18:00	18:55	1	BODY-PUMP	Zumba	BODY-PUMP				
18:15	18:30	ZONA FITNESS	Abdominales		Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
18:15	19:00	PISCINA	Aqua-Gym		Aqua-Gym				
18:15	19:00	CROSS-HIIT	CROSS-HIIT LOW BODY	HBX Boxing	CROSS-HIIT FULL BODY				
18:15	19:10	2	Yoga	Yoga	Yoga				
18:30	19:15	CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling
19:00	19:30	CROSS-MET OUTDOOR	CROSS-MET	CROSS-MET	CROSS-MET				
19:00	19:55	OUTDOOR	Running Club		Running Club				
19:00	19:55	1	Body Combat	BODY-PUMP	Body Combat				
19:15	19:45	CROSS-HIIT				Suspension Training	Suspension Training	Suspension Training	Suspension Training
19:15	20:10	2	Pilates Stretch	Yoga	Pilates Stretch				
19:30	20:15	PISCINA		Aqua-Gym	Aqua-Gym				
19:30	20:15	CYCLING	Cycling	Cycling					
20:00	20:55	1	Zumba		Zumba				
20:15	20:30	ZONA FITNESS	Abdominales		Abdominales				
20:15	20:45	CROSS-HIIT		Suspension Training					
20:15	21:00	CROSS-HIIT	HBX Round						
20:15	21:10	2	Yoga	Espalda Sana					
21:00	21:30	ZONA FITNESS	HYPER-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://clubmetropolitan.com>