

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		CROSS-MET			
07:15	08:00	CROSS-HIIT					CROSS-HIIT FULL BODY		
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	Swimming Club			
07:30	08:15	CYCLING	Cycling	Cycling	Cycling Virtual	Cycling	Cycling Virtual		
08:15	08:30	ZONA FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
08:15	09:00	CROSS-HIIT	CROSS-HIIT FULL BODY			HBX Boxing			
08:15	09:10	2	Pilates Stretch		Yoga		Pilates Stretch		
09:00	09:45	1				GAP			
09:00	09:55	1	Body Combat	Fitness Condition			Fitness Condition		
09:15	10:10	2	Yoga	Espalda Sana	Pilates Stretch	Body-Balance	Espalda Sana		
09:30	10:00	PISCINA		AQUA-GYM 30'		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	Cycling Virtual	Cycling		
09:30	10:25	1			BODY-PUMP				
09:30	10:25	2							Pilates Stretch
09:30	11:00	OUTDOOR						MÁSTER DIA MUNDIAL DEL YOGA	
10:00	10:45	CYCLING						Cycling	
10:00	10:55	PISTA PADEL 4	PADEL CONDITION		PADEL CONDITION		PADEL CONDITION		
10:00	10:55	1	Zumba						
10:15	10:30	ZONA FITNESS	Abdominales	BODY-PUMP	Abdominales	BODY-PUMP	Abdominales	Abdominales	Abdominales
10:15	11:00	CROSS-HIIT		HBX Boxing			CROSS-HIIT FULL BODY		
10:15	11:10	2	Body-Balance		Yoga	Yoga	Pilates Stretch		
10:30	11:15	CROSS-MET OUTDOOR		CROSS-MET					
10:30	11:15	PISCINA		Aqua-Gym		Aqua-Gym		Aqua-Gym	
10:30	11:15	CYCLING	Cycling	Cycling	Cycling Virtual	Cycling	Cycling Virtual		
10:30	11:25	1			Body Combat		Zumba	BODY-PUMP	
11:00	11:15	ZONA FITNESS		Abdominales		Abdominales			
11:00	11:30	PISCINA							Swimming Club
11:00	11:45	PISCINA	Aqua-Gym		Aqua-Gym		Aqua-Gym		
11:00	11:45	CYCLING						Cycling	Cycling
11:00	11:55	1	GAP	Body Combat		Zumba			
11:15	11:30	ZONA FITNESS		STRETCHING		STRETCHING			
11:15	11:45	CROSS-HIIT	Suspension Training		Suspension Training		Suspension Training		
11:15	12:00	CROSS-HIIT		CROSS-HIIT UPPER BODY		CROSS-HIIT LOW BODY			
11:15	12:10	2		Espalda Sana		Espalda Sana			
11:30	12:15	CYCLING	Cycling Virtual	Cycling Virtual		Cycling Virtual	Cycling Virtual		
11:30	12:25	1			Zumba			Body Combat	
11:45	12:00	ZONA FITNESS						Abdominales	Abdominales
12:00	12:30	CROSS-HIIT		Suspension Training					CROSS-HIIT FULL BODY
12:00	12:45	PISCINA	Aqua-Gym						
12:00	12:55	1							GAP
12:00	12:55	2					Pilates Stretch		
12:15	12:45	CROSS-HIIT				Suspension Training			
12:30	13:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
13:00	13:30	PISCINA						Swimming Club	Swimming Club
13:00	13:55	1	Fitness Condition		Fitness Condition				
14:00	14:30	PISCINA	Swimming Club	Swimming Club	Swimming Club	Swimming Club			
14:00	14:55	PISTA PADEL 4		PADEL CONDITION		PADEL CONDITION	PADEL CONDITION		
14:15	15:00	CROSS-MET OUTDOOR	CROSS-MET		CROSS-MET				
14:15	15:00	CROSS-HIIT		HBX Boxing		HBX Boxing	CROSS-HIIT FULL BODY		
14:15	15:10	2	Yoga		Pilates Stretch				
14:30	15:15	CYCLING	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual		
14:30	15:25	1	Body Combat		BODY-PUMP		BODY-PUMP		
15:30	15:45	ZONA FITNESS	Abdominales		Abdominales		Abdominales		
15:30	16:00	CROSS-HIIT		Suspension Training		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		Abdominales			
16:00	16:30	CROSS-HIIT	Suspension Training		Suspension Training		Suspension Training		
17:00	17:55	1		GAP		GAP	Fitness Condition		
17:15	18:00	CROSS-HIIT	CROSS-HIIT UPPER BODY		HBX Boxing				
17:15	18:10	2		Pilates Stretch		Pilates Stretch			
17:30	18:00	PISCINA							Swimming Club
17:30	18:15	CYCLING	Cycling		Cycling				
17:30	18:25	1							BODY-PUMP
18:00	18:30	PISCINA						Swimming Club	
18:00	18:45	CROSS-MET OUTDOOR		CROSS-MET		CROSS-MET			
18:00	18:45	PISCINA		Aqua-Gym					
18:00	18:55	PISTA PADEL 4	PADEL CONDITION						
18:00	18:55	1	BODY-PUMP	Zumba	BODY-PUMP	Body Combat	BODY-PUMP		
18:00	18:55	2					Pilates Stretch		
18:15	18:30	ZONA FITNESS	Abdominales		Abdominales			Abdominales	Abdominales
18:15	19:00	PISCINA	Aqua-Gym		Aqua-Gym		Aqua-Gym		
18:15	19:00	CROSS-HIIT	CROSS-HIIT LOW BODY	HBX Boxing	CROSS-HIIT FULL BODY	HBX Boxing			
18:15	19:10	2	Yoga	Body-Balance	Yoga	Body-Balance			
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	PISTA PADEL 4				PADEL CONDITION			
19:00	19:55	1	Body Combat	BODY-PUMP	Body Combat	BODY-PUMP	Zumba		
19:15	19:30	ZONA FITNESS				Abdominales		Abdominales	Abdominales
19:15	20:10	2	Pilates Stretch	Yoga	Pilates Stretch	Yoga			
19:30	20:15	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym			
19:30	20:15	CYCLING	Cycling		Cycling	Cycling	Cycling		
20:00	20:45	CROSS-MET OUTDOOR		CROSS-MET					
20:00	20:55	1	Zumba	GAP	Zumba	Zumba			
20:15	20:30	ZONA FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
20:15	21:00	CROSS-HIIT	HBX Boxing		HBX Boxing				
20:15	21:10	2	Yoga	Espalda Sana					
20:30	21:15	CYCLING	Cycling	Cycling	Cycling	Cycling Virtual			
21:00	21:15	CROSS-MET OUTDOOR	STRETCHING			STRETCHING			
21:15	22:00	CROSS-HIIT		CROSS-HIIT LOW BODY					

■ Acuáticas
 ■ Alto gasto calórico
 ■ Body-Mind
 ■ Cardiovascular
 ■ Coreografiadas
 ■ Outdoor
 ■ Tonicificación Muscular

Puede consultar los horarios en la web o en la app de Metropolitan. <https://clubmetropolitan.com>