

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes
07:15	08:10	1	BODY-PUMP
07:30	08:00	PISCINA	Swimming Club
07:30	08:15	CYCLING	Cycling
08:15	09:10	2	Pilates Stretch
09:30	10:15	PISCINA	Aqua-Gym
09:30	10:15	CYCLING	Cycling Virtual
10:00	10:55	1	Zumba
10:15	11:10	2	Body-Balance
10:30	11:15	CROSS-MET OUTDOOR	CROSS-MET
10:30	11:15	CYCLING	Cycling
11:15	12:00	PISCINA	Aqua-Gym
11:30	12:15	CYCLING	Cycling Virtual
12:30	13:15	CYCLING	Cycling Virtual
13:00	13:55	1	Fitness Condition
14:00	14:30	PISCINA	Swimming Club
14:15	15:10	2	Pilates Stretch
14:30	15:25	1	Body Combat
15:30	16:15	CYCLING	Cycling Virtual
17:15	18:00	CROSS-HIIT	Cross-Hiit 30'
17:30	18:15	CYCLING	Cycling
18:00	18:55	1	BODY-PUMP
18:15	19:10	2	Yoga
18:30	19:00	PISCINA	Aqua-Gym
18:30	19:15	CYCLING	Cycling
19:00	19:55	1	GAP
19:15	20:10	2	Pilates Stretch
19:30	20:15	CYCLING	Cycling
20:00	20:55	1	Zumba
20:15	21:00	CROSS-HIIT	HBX Boxing
20:15	21:10	CROSS-MET OUTDOOR	CROSS-MET

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://clubnmetropolitan.com>