

Los horarios de actividades están sujetos a posibles modificaciones

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

Acuáticas Alto gasto calórico Body-Mind Cardiovascular Coreografiadas Outdoor Tonificación Muscular
Puede consultar los horarios en la web o en la app de Metropolitán. <https://clubmetropolitán.com>