METROPOLITAN

Plenilunio (MAD) - Horario válido desde el 21/07/2025 hasta el 27/07/2025

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	08:10	1	BODY-PUMP						
07:30	08:00	PISCINA	Swimming Club	Swimming Club	Swimming Club	Swimming Club			
07:30	08:15	CYCLING	Cycling		Cycling Virtual				
08:15	08:30	ZONA FITNESS	Abdominales	Abdominales	Abdominales	Abdominales			
08:15	09:00	CROSS-HIIT				HBX Boxing			
08:15	09:10	2	Pilates Stretch						
09:15	10:10	2		Espalda Sana	Pilates Stretch	Body-Balance			
09:30	10:15	PISCINA	Aqua-Gym		Aqua-Gym		Aqua-Gym		Aqua-Gym
09:30	10:15	CYCLING		Cycling Virtual	Cycling	Cycling Virtual			
09:30	10:25	2					Pilates Stretch	Yoga	Pilates Stretch
10:00	10:55	PISTA PADEL 4	PADEL CONDITION		PADEL CONDITION				
10:00	10:55	1	Zumba	BODY-PUMP		BODY-PUMP			
10:00	11:30	CYCLING							MASTER CICLO TOUR DE FRANCIA
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	Body-Balance	Yoga			
10:30	11:15	PISCINA		Aqua-Gym		Aqua-Gym		Aqua-Gym	
10:30	11:15	CYCLING	Cycling	Cycling	Cycling Virtual	Cycling			
10:30	11:25	1			Body Combat			BODY-PUMP	
11:00	11:15	ZONA FITNESS		Abdominales		Abdominales			
11:00	11:30	PISCINA					Swimming Club		Swimming Club
11:00	11:45	PISCINA	Aqua-Gym		Aqua-Gym				
11:00	11:45	CYCLING					Cycling	Cycling	
11:00	11:55	1		Body Combat					
11:15	11:30	ZONA FITNESS		STRETCHING		STRETCHING			
11:15	11:45	CROSS-HIIT	Suspension Training		Suspension Training				
11:15	12:00	CROSS-HIIT				CROSS-HIIT LOW BODY			
11:15	12:10	2		Espalda Sana		Espalda Sana			
11:30	12:15	CYCLING	Cycling Virtual	Cycling Virtual		Cycling Virtual			
11:30	12:25	1			Zumba				
11:45	12:00	ZONA FITNESS					Abdominales	Abdominales	Abdominales
12:00	12:30	CROSS-HIIT		Suspension Training			CROSS-HIIT FULL BODY		CROSS-HIIT FULL BODY
12:00	12:55	1					GAP		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	
13:00	13:30	PISCINA					Swimming Club	Swimming Club	Swimming Club
13:00	13:55	1	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			
14:15	15:00	CROSS-HIIT		HBX Boxing		HBX Boxing			
14:15	15:10	2	Yoga		Pilates Stretch				
14:30	15:15	CYCLING	Cycling Virtual	Cycling	Cycling Virtual	Cycling			
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		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				
17:00	17:55	1				GAP			
17:15	18:00	CROSS-HIIT	CROSS-HIIT UPPER BODY						
17:15	18:10	2		Pilates Stretch		Pilates Stretch			
17:30	18:00	PISCINA					Swimming Club		Swimming Club
17:30	18:15	CYCLING			Cycling				
18:00	18:30	PISCINA						Swimming Club	
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			
18:15	18:30	ZONA FITNESS	Abdominales		Abdominales		Abdominales	Abdominales	Abdominales
18:15	19:00	CROSS-HIIT		HBX Boxing	CROSS-HIIT FULL BODY				
18:15	19:10	2	Yoga	Body-Balance	Yoga	Body-Balance			
18:30	19:15	CYCLING	Cycling	Cycling				Cycling Virtual	
19:00	19:30	CROSS-MET OUTDOOR	CROSS-MET	CROSS-MET	CROSS-MET				
19:00	19:55	PISTA PADEL 4				PADEL CONDITION			
19:00	19:55	1	Body Combat	BODY-PUMP	Body Combat	BODY-PUMP			
19:15	19:30	ZONA FITNESS				Abdominales	Abdominales	Abdominales	Abdominales
19:15	20:10	2	Pilates Stretch	Yoga	Pilates Stretch				
19:30	20:15	PISCINA	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			
20:15	21:00	CROSS-HIIT	HBX Boxing		HBX Boxing				
20:30	21:15	CYCLING				Cycling Virtual			
21:00	21:15	CROSS-MET OUTDOOR	STRETCHING			STRETCHING			

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