

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	08:30	ZONA FITNESS	Abdominales
08:15	09:10	2	Pilates Stretch
09:30	10:15	PISCINA	Aqua-Gym
10:00	10:55	PISTA PADEL 4	PADEL CONDITION
10:00	10:55	1	Zumba
10:15	10:30	ZONA FITNESS	Abdominales
10:15	11:10	2	Body-Balance
10:30	11:15	CYCLING	Cycling
11:00	11:45	PISCINA	Aqua-Gym
11:15	11:45	CROSS-HIIT	Suspension Training
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	Yoga
14:30	15:15	CYCLING	Cycling Virtual
14:30	15:25	1	Body Combat
15:30	15:45	ZONA FITNESS	Abdominales
15:30	16:15	CYCLING	Cycling Virtual
16:00	16:30	CROSS-HIIT	Suspension Training
17:15	18:00	CROSS-HIIT	CROSS-HIIT UPPER BODY
18:00	18:55	PISTA PADEL 4	PADEL CONDITION
18:00	18:55	1	BODY-PUMP
18:15	18:30	ZONA FITNESS	Abdominales
18:15	19:10	2	Yoga
18:30	19:15	CYCLING	Cycling
19:00	19:30	CROSS-MET OUTDOOR	CROSS-MET
19:00	19:55	1	Body Combat
19:15	20:10	2	Pilates Stretch
19:30	20:15	PISCINA	Aqua-Gym
19:30	20:15	CYCLING	Cycling
20:00	20:55	1	Zumba
20:15	20:30	ZONA FITNESS	Abdominales
20:15	21:00	CROSS-HIIT	HBX Boxing
21:00	21:15	CROSS-MET OUTDOOR	STRETCHING

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://clubmetropolitan.com>