

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Jueves
07:15	08:00	CROSS-MET OUTDOOR	CROSS-MET
07:30	08:00	PISCINA	Swimming Club
08:15	08:30	ZONA FITNESS	Abdominales
08:15	09:00	CROSS-HIIT	HBX Boxing
09:30	10:15	CYCLING	Cycling Virtual
10:00	10:55	1	BODY-PUMP
10:15	10:30	ZONA FITNESS	Abdominales
10:15	11:10	2	Yoga
10:30	11:15	PISCINA	Aqua-Gym
10:30	11:15	CYCLING	Cycling
11:00	11:15	ZONA FITNESS	Abdominales
11:15	11:30	ZONA FITNESS	STRETCHING
11:15	12:00	CROSS-HIIT	CROSS-HIIT LOW BODY
11:15	12:10	2	Espalda Sana
11:30	12:15	CYCLING	Cycling Virtual
12:15	12:45	CROSS-HIIT	Suspension Training
12:30	13:15	CYCLING	Cycling Virtual
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
18:15	19:10	2	Body-Balance
19:00	19:55	PISTA PADEL 4	PADEL CONDITION
19:00	19:55	1	BODY-PUMP
19:15	19:30	ZONA FITNESS	Abdominales
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
20:30	21:15	CYCLING	Cycling Virtual
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://clubmetropolitán.com>