

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Viernes
07:15	08:00	CROSS-HIIT	CROSS-HIIT FULL BODY
07:30	08:15	CYCLING	Cycling Virtual
08:15	08:30	ZONA FITNESS	Abdominales
08:15	09:10	2	Pilates Stretch
09:00	09:55	1	Fitness Condition
09:15	10:10	2	Espalda Sana
09:30	10:15	PISCINA	Aqua-Gym
09:30	10:15	CYCLING	Cycling
10:00	10:55	PISTA PADEL 4	PADEL CONDITION
10:15	10:30	ZONA FITNESS	Abdominales
10:15	11:00	CROSS-HIIT	CROSS-HIIT FULL BODY
10:15	11:10	2	Pilates Stretch
10:30	11:15	CYCLING	Cycling Virtual
10:30	11:25	1	Zumba
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
14:00	14:55	PISTA PADEL 4	PADEL CONDITION
14:15	15:00	CROSS-HIIT	CROSS-HIIT FULL BODY
14:30	15:15	CYCLING	Cycling Virtual
14:30	15:25	1	BODY-PUMP
15:30	15:45	CROSS-HIIT	Abdominales
15:30	16:15	CYCLING	Cycling Virtual
16:00	16:30	CROSS-HIIT	Suspension Training
17:00	17:55	1	Fitness Condition
18:00	18:55	1	BODY-PUMP
18:00	18:55	2	Pilates Stretch
18:15	19:00	PISCINA	Aqua-Gym
18:30	19:15	CYCLING	Cycling
19:00	19:55	1	Zumba
19:30	20:15	CYCLING	Cycling
20:15	20:30	CROSS-HIIT	Abdominales

■ 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>