

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	1		GAP					
07:15	08:00	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling		
07:15	08:10	1				Body Pump			
07:30	08:25	1	Yoga		Yoga		Yoga		
08:00	08:15	FITNESS	Abdominales		Abdominales		Abdominales		
08:00	08:55	1		Fitness Condition					
08:15	08:45	PISCINAL	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30		
09:00	09:45	PISCINAL	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
09:00	09:45	2 CYCLING	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
09:00	09:45	TERRAZA			CROSS-MET		CROSS-MET		
09:00	09:55	1	Zumba	Body Pump	Pilates Stretch	Fitness Condition	GAP		
09:00	10:15	METROPOLITAN SAGRADA FAMILIA						MASTERCLASS SAT MET LIVE YOGA	
09:00	10:30	1							Yoga
09:30	09:45	FITNESS		Abdominales		Abdominales			
10:00	10:45	PISCINAL	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
10:00	10:45	2 CYCLING	Cycling	Cycling Virtual	Cycling	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:00	10:45	TERRAZA		CROSS-MET		CROSS-MET			CROSS-HIIT FULL BODY
10:00	10:55	1	Body Combat	Pilates Stretch	Body Pump	Pilates Stretch	Body-Balance		
10:15	10:30	FITNESS	Abdominales		Abdominales		Abdominales		
11:00	11:20	FITNESS	SKILL RUNNING		SKILL RUNNING			HYPER STRETCH	
11:00	11:45	PISCINAL		AQUAGYM		AQUAGYM			
11:00	11:45	2 CYCLING	CYCLING VIRTUAL ENG	Cycling Virtual	CYCLING VIRTUAL ENG	Cycling Virtual	CYCLING VIRTUAL ENG		Cycling
11:00	11:55	1	Pilates Stretch	GAP	Body-Balance	Zumba	Body Pump		
11:00	12:15	METROPOLITAN SAGRADA FAMILIA						MASTERCLASS SAT MET LIVE FULLBODY BATTLE	
11:30	11:45	FITNESS							STRETCHING
12:00	12:20	FITNESS						SKILL RUNNING	
12:00	12:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
12:00	12:50	2 CYCLING						CYCLING VIRTUAL ENG	CYCLING VIRTUAL ENG
12:00	12:55	1	Fitness Condition	Body-Balance	Zumba	Yoga	Body Combat		
12:30	13:00	PISCINAL		AQUAGYM-30		AQUAGYM-30			
12:30	13:25	1							Body Pump
13:00	13:15	FITNESS		Abdominales		Abdominales		Abdominales	Abdominales
13:00	13:20	FITNESS					HYPER STRETCH		
13:00	13:30	PISCINAL						AQUAGYM-30	AQUAGYM-30
13:00	14:15	METROPOLITAN SAGRADA FAMILIA						MASTERCLASS SAT MET LIVE DANCE	
13:15	14:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
13:30	14:15	2 CYCLING						Cycling Virtual	Cycling Virtual
13:30	14:25	1	Body Pump	Body Combat	GAP	Body Pump	Yoga		
13:45	14:15	PISCINAL	AQUAGYM-30		AQUAGYM-30		AQUAGYM-30		
14:00	14:15	FITNESS		Abdominales		Abdominales			
14:00	14:55	1						Body Pump	
14:15	15:00	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual		
14:30	15:00	PISCINAL		AQUAGYM-30		AQUAGYM-30			
14:30	15:15	TERRAZA					CROSS-HIIT CHALLENGE		
14:30	15:25	1	Pilates Stretch		Body Pump	GAP			
15:00	15:15	FITNESS	Abdominales		Abdominales	Abdominales			
15:15	15:30	FITNESS		Abdominales			Abdominales		
15:30	16:25	1		Body Pump					
15:45	16:30	2 CYCLING	Cycling Virtual	CYCLING VIRTUAL ENG	Cycling Virtual	CYCLING VIRTUAL ENG	Cycling Virtual		Cycling Virtual
16:30	17:25	1		Pilates Strong		Yoga			
16:45	17:30	2 CYCLING		Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
17:00	17:20	FITNESS		SKILL RUNNING		SKILL RUNNING			
17:00	17:55	1	Espalda Sana		Espalda Sana				
17:30	18:15	TERRAZA	CROSS-HIIT FULL BODY						
17:45	18:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual	
18:00	18:20	FITNESS			SKILL RUNNING				
18:00	18:45	TERRAZA		CROSS-MET	CROSS-HIIT FULL BODY		CROSS-MET		
18:00	18:55	1	Body Pump	Body-Balance	Zumba	Pilates Stretch	Body Pump	Fitness Condition	GAP
18:15	18:45	PISCINAL	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30		AQUAGYM-30
18:30	18:45	FITNESS	Abdominales	Abdominales	Abdominales	Abdominales			
18:45	19:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
19:00	19:15	FITNESS						Abdominales	Abdominales
19:00	19:45	PISCINAL		AQUAGYM		AQUAGYM			
19:00	19:45	TERRAZA	CROSS-MET	CROSS-HIIT LOWER BODY	CROSS-MET	CROSS-HIIT UPPER BODY			
19:00	19:55	OUTDOOR		Running Club		Running Club			
19:00	19:55	1	Fitness Condition	Body Combat	Pilates Stretch	Body Pump	Body-Balance		
19:15	20:00	2 CYCLING						Cycling	Cycling
19:30	19:45	FITNESS	Abdominales	Abdominales	Abdominales		Abdominales		
19:30	19:50	FITNESS				HYPER STRETCH			
19:30	20:15	PISCINAL	AQUAGYM		AQUAGYM				
19:45	20:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual		
20:00	20:15	FITNESS						Abdominales	
20:00	20:45	TERRAZA	CROSS-HIIT UPPER BODY		CROSS-HIIT LOWER BODY				
20:00	20:55	1	Yoga	Yoga	Body Pump	Body Combat			
20:30	20:45	FITNESS		Abdominales		Abdominales			
20:45	21:05	FITNESS			HYPER STRETCH				

■ Acuáticas 
 ■ Alto gasto calórico 
 ■ Body-Mind 
 ■ Cardiovascular 
 ■ Coreografiadas 
 ■ Outdoor 
 ■ Tonicación Muscular

Puede consultar los horarios en la web o en la app de Metropolitan. <https://clubmetropolitan.com>