

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 Virtual		Cycling Virtual	Cycling		
07:15	08:10	1				Body Pump			
07:15	08:15	2 CYCLING			CYCLING & CO				
07:30	08:25	1			Yoga		Yoga		
08:00	08:15	FITNESS			Abdominales		Abdominales		
08:00	08:45	2 CYCLING	Cycling Virtual						
08:00	08:55	1		Fitness Condition					
08:15	08:45	PISCINA_		AQUAGYM-30	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30		
09:00	09:45	PISCINA_		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				
09:00	09:55	1		Body Pump	Pilates Stretch	Fitness Condition	GAP		
09:00	09:55	TERRAZA					CROSS-MET		
09:00	10:30	1	Yoga					Yoga	Yoga
09:30	09:45	FITNESS		Abdominales		Abdominales			
10:00	10:45	PISCINA_		AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
10:00	10:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:00	10:45	TERRAZA	CROSS-HIIT FULL BODY	CROSS-MET		CROSS-MET		CROSS-MET	CROSS-HIIT FULL BODY
10:00	10:55	1		Pilates Stretch	Body Pump	Pilates Stretch	Body-Balance		
10:15	10:30	FITNESS			Abdominales		Abdominales		
11:00	11:20	FITNESS			SKILL RUNNING			HYPER STRETCH	
11:00	11:45	PISCINA_		AQUAGYM		AQUAGYM			
11:00	11:45	2 CYCLING	Cycling	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling	Cycling
11:00	11:55	1		GAP	Body-Balance	Zumba	Body Pump		
11:30	11:45	FITNESS							STRETCHING
12:00	12:15	FITNESS	STRETCHING						
12:00	12:20	FITNESS						SKILL RUNNING	
12:00	12:45	2 CYCLING		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
12:00	12:55	1		Body-Balance	Zumba	Yoga	Body Combat	GAP	
12:30	13:00	PISCINA_		AQUAGYM-30		AQUAGYM-30			
12:30	13:25	1	Body Pump						Body Pump
13:00	13:15	FITNESS	Abdominales	Abdominales		Abdominales		Abdominales	Abdominales
13:00	13:20	FITNESS					HYPER STRETCH		
13:00	13:30	PISCINA_						AQUAGYM-30	AQUAGYM-30
13:00	13:45	PISCINA_		AQUAGYM-30					
13:00	13:55	1						Zumba	
13:15	14:00	2 CYCLING		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
13:30	14:15	2 CYCLING	Cycling Virtual						Cycling Virtual
13:30	14:25	1		Body Combat	GAP	Body Pump	Yoga		
13:45	14:15	PISCINA_			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 Virtual		
14:30	15:00	OPEN ZONE			Suspension Training				
14:30	15:00	PISCINA_		AQUAGYM-30		AQUAGYM-30			
14:30	15:15	TERRAZA		CROSS-HIIT FULL BODY			CROSS-HIIT CHALLENGE		
14:30	15:25	1			Body Pump	GAP			
15:00	15:15	FITNESS			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		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				
17:45	18:30	2 CYCLING		Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual	
18:00	18:20	FITNESS			SKILL RUNNING				
18:00	18:45	TERRAZA			CROSS-HIIT FULL BODY				
18:00	18:55	1	GAP	Body-Balance	ZUMBA & CO	Pilates Stretch	Body Pump	Fitness Condition	GAP
18:15	18:45	PISCINA_		AQUAGYM-30	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30	AQUAGYM-30
18:30	18:45	FITNESS		Abdominales	Abdominales	Abdominales			
18:45	19:30	2 CYCLING		Cycling	Cycling	Cycling	Cycling		
19:00	19:15	FITNESS	Abdominales					Abdominales	Abdominales
19:00	19:45	PISCINA_		AQUAGYM		AQUAGYM			
19:00	19:45	TERRAZA		CROSS-HIIT LOWER BODY	CROSS-MET	CROSS-HIIT UPPER BODY			
19:00	19:55	OUTDOOR		Running Club		Running Club			
19:00	19:55	1		Body Combat	Pilates Stretch	Body Pump	Body-Balance		
19:15	20:00	2 CYCLING	Cycling						Cycling
19:30	19:45	FITNESS		Abdominales	Abdominales		Abdominales		
19:30	19:50	FITNESS				HYPER STRETCH			
19:30	20:15	PISCINA_			AQUAGYM				
19:45	20:30	2 CYCLING		Cycling	Cycling	Cycling	Cycling Virtual		
20:00	20:15	FITNESS	Abdominales					Abdominales	
20:00	20:45	TERRAZA			CROSS-HIIT LOWER BODY				
20:00	20:55	1		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>