

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	08:45	2 CYCLING						Cycling Virtual	Cycling Virtual
08:00	08:55	1		Fitness Condition					
08:15	08:45	PISCINA_	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua		
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	09:50	PISCINA_	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
09:00	09:55	1	Zumba	Body Pump	Pilates Stretch	Fitness Condition	GAP		
09:00	10:30	1							Yoga
09:30	11:00	1						MÁSTER DÍA MUNDIAL DEL YOGA	
09:45	10:00	FITNESS		Abdominales		Abdominales			
10:00	10:45	2 CYCLING	Cycling	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:00	10:45	TERRAZA		CROSS-MET		CROSS-MET		CROSS-MET	CROSS-HIIT FULL BODY
10:00	10:50	PISCINA_	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
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	11:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling	Cycling
11:00	11:50	PISCINA_		Up-Aqua		AQUAGYM			
11:00	11:55	1	Pilates Stretch	GAP	Body-Balance	Zumba	Body Pump		
12:00	12:15	FITNESS						STRETCHING	STRETCHING
12:00	12:45	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
12:00	12:55	1	Fitness Condition	Body-Balance	Zumba	Yoga	Body Combat	GAP	
12:30	13:00	PISCINA_		Up-Aqua		Up-Aqua			
12:30	13:25	1							Body Pump
13:00	13:15	FITNESS		Abdominales		Abdominales		Abdominales	Abdominales
13:00	13:30	PISCINA_						Up-Aqua	Up-Aqua
13:00	13:55	1						Zumba	
13:15	14:00	2 CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
13:30	14:25	1	Body Pump	Body Combat	GAP	Body Pump	Yoga		
13:45	14:15	PISCINA_	Up-Aqua		Up-Aqua		Up-Aqua		
14:00	14:15	FITNESS		Abdominales		Abdominales			
14:00	14:55	1						Body Pump	
14:15	14:45	TERRAZA	CROSS-MET		CROSS-MET				
14:15	15:00	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual		
14:30	15:00	PISCINA_		Up-Aqua		Up-Aqua			
14:30	15:15	FITNESS		CROSS-HIIT FULL BODY			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	Cycling Virtual	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	Cycling Virtual	Cycling Virtual
17:00	17:55	1	Espalda Sana		Espalda Sana				
17:15	18:00	TERRAZA	CROSS-HIIT FULL BODY						
17:45	18:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual	
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	PISCINA_	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua
18:30	18:45	FITNESS	Abdominales	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	TERRAZA	CROSS-MET	CROSS-HIIT LOWER BODY	CROSS-MET				
19:00	19:50	PISCINA_		AQUAGYM		AQUAGYM			
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	Abdominales		
19:30	20:20	PISCINA_	AQUAGYM		AQUAGYM				
19:45	20:30	2 CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
20:00	20:15	FITNESS						Abdominales	
20:00	20:45	TERRAZA	CROSS-HIIT UPPER BODY	CROSS-MET	CROSS-HIIT LOWER BODY				
20:00	20:55	1	GAP	Yoga	Body Pump	Body Combat	Zumba		
20:30	20:45	FITNESS		Abdominales		Abdominales	Abdominales		
20:45	21:00	FITNESS	MIO-STRETCH		MIO-STRETCH				
21:00	21:55	1			Pilates Strong	GAP			

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>