

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	2 CYCLING	Cycling		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	Cycling Virtual
08:15	08:45	PISCINA_	Up-Aqua		Up-Aqua	Up-Aqua	Up-Aqua		
09:00	09:45	2 CYCLING	Cycling Virtual	Cycling Virtual	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		
09:00	09:55	1	Zumba		Pilates Stretch	Fitness Condition	GAP		
09:00	10:30	1		Yoga				Yoga	Yoga
09:45	10:00	FITNESS				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-HIIT FULL BODY		CROSS-MET		CROSS-MET	CROSS-HIIT FULL BODY
10:00	10:50	PISCINA_	AQUAGYM		AQUAGYM	AQUAGYM	AQUAGYM		
10:00	10:55	1	Body Combat		Body Pump	Pilates Stretch	Body-Balance		
10:15	10:30	FITNESS	Abdominales		Abdominales		Abdominales		
11:00	11:45	2 CYCLING	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling	Cycling
11:00	11:50	PISCINA_				AQUAGYM			
11:00	11:55	1	Pilates Stretch		Body-Balance	Zumba	Body Pump		
12:00	12:15	FITNESS		STRETCHING				STRETCHING	STRETCHING
12:00	12:45	2 CYCLING	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual		
12:00	12:55	1	CONDITION LAB		Zumba	Yoga	Body Combat	GAP	
12:30	13:00	PISCINA_				Up-Aqua			
12:30	13:25	1		Body Pump					Body Pump
13:00	13:15	FITNESS		Abdominales		Abdominales		Abdominales	Abdominales
13:00	13:30	PISCINA_						Up-Aqua	Up-Aqua
13:00	13:45	PISCINA_		Up-Aqua					
13:00	13:55	1						Zumba	
13:15	14:00	2 CYCLING	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual		
13:30	14:25	1	Body Pump		GAP	Body Pump	Yoga		
13:45	14:15	PISCINA_	Up-Aqua		Up-Aqua		Up-Aqua		
14:00	14:15	FITNESS				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 Virtual		
14:30	15:00	PISCINA_				Up-Aqua			
14:30	15:15	FITNESS					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		
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				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				
17:30	18:15	TERRAZA	CROSS-HIIT FULL BODY						
17:45	18:30	2 CYCLING	Cycling		Cycling	Cycling	Cycling Virtual	Cycling Virtual	
18:00	18:45	TERRAZA			CROSS-HIIT FULL BODY	CROSS-MET			
18:00	18:55	1	Body Pump	GAP	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		
18:45	19:30	2 CYCLING	Cycling		Cycling	Cycling	Cycling		
19:00	19:15	FITNESS		Abdominales				Abdominales	Abdominales
19:00	19:45	TERRAZA			CROSS-MET	CROSS-HIIT UPPER BODY			
19:00	19:50	PISCINA_				AQUAGYM			
19:00	19:55	OUTDOOR				Running Club			
19:00	19:55	1			Pilates Stretch	Body Pump	Body-Balance		
19:15	20:00	2 CYCLING		Cycling				Cycling	Cycling
19:30	19:45	FITNESS			Abdominales	Abdominales	Abdominales		
19:30	20:20	PISCINA_			AQUAGYM				
19:45	20:30	2 CYCLING			Cycling	Cycling	Cycling		
20:00	20:15	FITNESS		Abdominales				Abdominales	
20:00	20:45	TERRAZA			CROSS-HIIT LOWER BODY	CROSS-MET			
20:00	20:55	1			Body Pump	Body Combat	Zumba		
20:30	20:45	FITNESS				Abdominales	Abdominales		
20:45	21:00	FITNESS			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://clubmetropolitán.com>