

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Martes
07:15	08:00	1	GAP
07:15	08:00	2 CYCLING	Cycling Virtual
08:00	08:55	1	Fitness Condition
08:15	08:45	PISCINA_	Up-Aqua
09:00	09:45	2 CYCLING	Cycling
09:00	09:50	PISCINA_	AQUAGYM
09:00	09:55	1	Body Pump
09:45	10:00	FITNESS	Abdominales
10:00	10:45	2 CYCLING	Cycling Virtual
10:00	10:45	TERRAZA	CROSS-MET
10:00	10:50	PISCINA_	AQUAGYM
10:00	10:55	1	Pilates Stretch
11:00	11:45	2 CYCLING	Cycling Virtual
11:00	11:50	PISCINA_	AQUAGYM
11:00	11:55	1	GAP
12:00	12:45	2 CYCLING	Cycling Virtual
12:00	12:55	1	Body-Balance
12:30	13:00	PISCINA_	Up-Aqua
13:00	13:15	FITNESS	Abdominales
13:15	14:00	2 CYCLING	Cycling Virtual
13:30	14:25	1	Body Combat
14:00	14:15	FITNESS	Abdominales
14:15	15:00	2 CYCLING	Cycling
14:30	15:00	PISCINA_	Up-Aqua
14:30	15:15	FITNESS	CROSS-HIIT FULL BODY
15:15	15:30	FITNESS	Abdominales
15:30	16:25	1	Body Pump
15:45	16:30	2 CYCLING	Cycling Virtual
16:30	17:25	1	Pilates Strong
16:45	17:30	2 CYCLING	Cycling Virtual
17:45	18:30	2 CYCLING	Cycling
18:00	18:55	1	Body-Balance
18:15	18:45	PISCINA_	Up-Aqua
18:30	18:45	FITNESS	Abdominales
18:45	19:30	2 CYCLING	Cycling
19:00	19:45	TERRAZA	CROSS-HIIT LOWER BODY
19:00	19:50	PISCINA_	AQUAGYM
19:00	19:55	1	Body Combat
19:30	19:45	FITNESS	Abdominales
19:45	20:30	2 CYCLING	Cycling
20:00	20:45	TERRAZA	CROSS-MET
20:00	20:55	1	Yoga
20:30	20:45	FITNESS	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>