

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Miércoles
07:15	08:00	2 CYCLING	Cycling
07:30	08:25	1	Yoga
08:00	08:15	FITNESS	Abdominales
08:15	08:45	PISCINA_	Up-Aqua
09:00	09:45	2 CYCLING	Cycling Virtual
09:00	09:45	TERRAZA	CROSS-MET
09:00	09:50	PISCINA_	AQUAGYM
09:00	09:55	1	Pilates Stretch
10:00	10:45	2 CYCLING	Cycling Virtual
10:00	10:50	PISCINA_	AQUAGYM
10:00	10:55	1	Body Pump
10:15	10:30	FITNESS	Abdominales
11:00	11:45	2 CYCLING	Cycling Virtual
11:00	11:55	1	Body-Balance
12:00	12:45	2 CYCLING	Cycling Virtual
12:00	12:55	1	Zumba
13:15	14:00	2 CYCLING	Cycling Virtual
13:30	14:25	1	GAP
13:45	14:15	PISCINA_	Up-Aqua
14:15	15:00	2 CYCLING	Cycling
14:30	15:25	1	Body Pump
15:00	15:15	FITNESS	Abdominales
15:45	16:30	2 CYCLING	Cycling Virtual
16:45	17:30	2 CYCLING	Cycling Virtual
17:00	17:55	1	Espalda Sana
17:45	18:30	2 CYCLING	Cycling
18:00	18:55	1	Zumba
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-MET
19:00	19:55	1	Pilates Stretch
19:30	19:45	FITNESS	Abdominales
19:30	20:20	PISCINA_	AQUAGYM
19:45	20:30	2 CYCLING	Cycling
20:00	20:45	TERRAZA	CROSS-HIIT LOWER BODY
20:00	20:55	1	Body Pump
20:45	21:00	FITNESS	MIO-STRETCH

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>