

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	CROSS / ATHLE		CROSSMET		CROSSMET	SUSPENSION TRAINING 45		
07:15	08:00	1			BODY-PUMP				
07:15	08:00	2					Yoga		
07:15	08:00	CROSS-HIIT	HBX BOXING						
07:15	08:00	CYCLING	Cycling	Cycling		Cycling			
07:30	08:00	PISCINA		Swimming Club		Swimming Club			
08:00	08:15	CROSS / ATHLE	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
08:15	09:00	CROSS-HIIT	CROSS-HIIT UPPER BODY	CROSS-HIIT LOWER BODY		CROSS-HIIT FULL BODY			
08:15	09:00	CYCLING	Cycling		Cycling		Cycling		
09:00	09:15	CROSS / ATHLE	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
09:00	09:45	1	GAP						
09:00	09:45	2						PILATES STRONG	Yoga
09:00	09:45	CYCLING						Cycling	Cycling
09:15	10:00	2	Yoga		Espalda Sana		Pilates Stretch		
09:30	10:15	CYCLING		Cycling					
10:00	10:15	CROSS / ATHLE		Abdominales		Abdominales			
10:00	10:30	PISCINA						Swimming Club	Swimming Club
10:00	10:45	CROSS / ATHLE						CROSSMET	CROSSMET
10:00	10:45	1		Zumba		BODY-PUMP	Zumba	BODY-COMBAT	PILATES STRONG
10:00	10:45	2						Yoga	
10:00	10:45	CYCLING	Cycling					Cycling	Cycling
10:15	10:30	CROSS / ATHLE		STRETCHING		STRETCHING			
10:15	11:00	CROSS / ATHLE					CROSS-ATHLETICS		
10:15	11:00	2			Yoga	PILATES STRONG			
10:30	11:15	CROSS / ATHLE		SUSPENSION TRAINING 45	CROSSMET				
11:00	11:45	PISCINA							Aqua-Gym
11:00	11:45	1	GAP	BODY-PUMP	GAP		BODY-PUMP	BODY-PUMP	
11:00	11:45	2						Pilates Stretch	
11:00	11:45	CROSS-HIIT					HBX BOXING	CROSS-HIIT LOWER BODY	CROSS-HIIT UPPER BODY
11:00	11:45	CYCLING			Cycling				
11:15	12:00	1							GAP
11:15	12:00	2		Body-Balance		Body-Balance			
11:15	12:00	CROSS-HIIT		HBX BOXING					
11:30	12:15	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym	
11:45	12:00	CROSS / ATHLE	Abdominales		Abdominales	Abdominales	Abdominales		
12:00	12:15	CROSS / ATHLE					STRETCHING		
12:00	12:45	CYCLING					Cycling		Cycling Virtual
12:00	13:30	CYCLING						MASTERCLASS TOUR FRANCIA 2025	
12:30	13:00	CROSS / ATHLE	Suspension Training						
12:30	13:15	CROSS / ATHLE		CROSSMET		CROSS-ATHLETICS			
13:00	13:15	CROSS / ATHLE			Abdominales		Abdominales		
13:00	13:45	2				Pilates Stretch	Espalda Sana		
13:15	13:30	CROSS / ATHLE	STRETCHING	STRETCHING	STRETCHING	Abdominales	STRETCHING		
13:30	13:45	CROSS / ATHLE				STRETCHING			
13:30	14:15	CROSS / ATHLE			CROSSMET		CROSSMET		
13:30	14:15	2		Yoga					
13:30	14:15	CROSS-HIIT	CROSS-HIIT LOWER BODY			CROSS-HIIT UPPER BODY			
14:00	14:30	PISCINA	Swimming Club		Swimming Club	Swimming Club	Swimming Club		
14:00	14:45	1	BODY-PUMP	BODY-PUMP	GAP	Zumba			
14:00	14:45	2	Pilates Stretch		Yoga				
14:00	14:45	CYCLING	Cycling	Cycling	Cycling Virtual	Cycling	Cycling Virtual		
14:15	15:00	CROSS-HIIT			CROSS-HIIT LOWER BODY				
14:30	15:15	CROSS / ATHLE		CROSS-ATHLETICS		CROSSMET			
14:30	15:15	CROSS-HIIT					CROSS-HIIT LOWER BODY		
14:45	15:00	CROSS / ATHLE			Abdominales				
15:00	15:15	CROSS / ATHLE			STRETCHING				
15:00	15:45	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
15:15	15:30	CROSS / ATHLE		Abdominales					
15:15	16:00	CROSS / ATHLE					SUSPENSION TRAINING 45		
15:30	16:15	2					Yoga		
15:30	16:15	CROSS-HIIT	HBX BOXING						
16:00	16:15	CROSS / ATHLE						Abdominales	
16:00	16:45	CROSS / ATHLE			CROSS-ATHLETICS				
16:00	16:45	1			BODY-PUMP				
16:00	16:45	CROSS-HIIT		CROSS-HIIT FULL BODY					
16:00	16:45	CYCLING				Cycling			
16:30	17:15	2		Espalda Sana					
16:30	17:15	CROSS-HIIT				CROSS-HIIT LOWER BODY			
17:00	17:45	2	PILATES STRONG		Body-Balance	Yoga			
17:00	17:45	CYCLING						Cycling Virtual	
17:15	18:00	CROSS / ATHLE				CROSS-ATHLETICS			
17:15	18:00	1	BODY-PUMP	GAP	Zumba		GAP		
17:15	18:00	CROSS-HIIT					HBX BOXING		
17:30	18:00	CROSS / ATHLE						STRETCHING	
17:30	18:15	1							BODY-PUMP
17:30	18:15	CROSS-HIIT		HBX BOXING	CROSS-HIIT UPPER BODY				
17:45	18:00	CROSS / ATHLE			Abdominales		Abdominales		
18:00	18:30	PISCINA		Swimming Club					
18:00	18:45	2	Yoga	PILATES STRONG		Espalda Sana	Espalda Sana		
18:00	18:45	CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	
18:15	19:00	1	BODY-PUMP	Zumba	GAP	BODY-COMBAT	BODY-PUMP		
18:30	19:00	CROSS / ATHLE						CROSS-MET 30	
18:30	19:15	CROSS / ATHLE		SUSPENSION TRAINING 45		CROSSMET			
18:30	19:15	CROSS-HIIT	CROSS-HIIT LOWER BODY	CROSS-HIIT UPPER BODY	CROSS-HIIT FULL BODY	HBX BOXING			
18:30	19:15	CYCLING							Cycling
19:00	19:45	PISCINA			Aqua-Gym	Aqua-Gym			
19:00	19:45	2	PILATES STRONG	Yoga	PILATES STRONG				
19:00	19:45	CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual	
19:15	20:00	1	Zumba	BODY-COMBAT	BODY-PUMP	Zumba			
19:15	20:00	2				PILATES STRONG			
19:30	20:15	CROSS-HIIT	CROSS-HIIT FULL BODY	CROSS-HIIT LOWER BODY		CROSS-HIIT LOWER BODY			
19:45	20:00	CROSS / ATHLE		Abdominales			Abdominales		
20:00	20:45	CYCLING	Cycling	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		
20:15	21:00	1	BODY-COMBAT						
20:15	21:00	2	Pilates Stretch	Espalda Sana					
20:15	21:00	CROSS-HIIT			HBX BOXING				
20:45	21:00	CROSS / ATHLE	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
21:00	21:15	CROSS / ATHLE	STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING		

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21:00	21:45	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
 Acuáticas	 Alto gasto calórico	 Body-Mind	 Cardiovascular	 Coreografiadas	 Outdoor	 Tonicificación Muscular			

Puede consultar los horarios en la web o en la app de Metropolitán. <https://clubmetropolitano.com>