

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	BODYPUMP & CO		BODY-PUMP				
07:15	08:00	2					Yoga		
07:15	08:00	CROSS-HIIT	HBX BOXING						
07:15	08:00	CYCLING	Cycling	Cycling	Cycling	Cycling			
07:30	08:00	PISCINA		Swimming Club		Swimming Club			
08:00	08:15	CROSS / ATHLE		Abdominales		Abdominales			
08:00	08:30	CROSS / ATHLE					HYPER STRETCH		
08:00	08:45	PISCINA	AQUAGYM & CO						
08:15	09:00	OUTDOOR	Running Club						
08:15	09:00	CROSS-HIIT	CROSS-HIIT UP BODY	CROSS-HIIT LOW BODY	HBX BOXING	CROSS-HIIT FULL BODY			
08:15	09:00	CYCLING			Cycling		Cycling		
08:30	09:00	PISCINA			Swimming Club		Swimming Club		
09:00	09:15	CROSS / ATHLE		Abdominales		Abdominales	Abdominales		
09:00	09:45	1	Abdominales		Abdominales		Abdominales		
09:00	09:45	2	GAP				GAP		
09:00	09:45	CROSS-HIIT						CROSS-HIIT UP BODY	Yoga
09:00	09:45	CYCLING						Cycling	Cycling
09:15	09:45	2		HIPOPRESIVOS		HIPOPRESIVOS			
09:15	10:00	2	Body-Balance		Body-Balance		Pilates Stretch		
09:30	10:00	CROSS / ATHLE							CROSS-MET 30
09:30	10:00	PISCINA		Swimming Club					
09:30	10:15	CYCLING		Cycling		Cycling			
10:00	10:15	BIOCIRCUIT	BIOCIRCUIT EXPRESS						
10:00	10:30	PISCINA				Swimming Club	Swimming Club	Swimming Club	Swimming Club
10:00	10:45	PISCINA	Aqua-Gym		Aqua-Gym				
10:00	10:45	1	Zumba	BODY-PUMP		BODY-PUMP	Zumba	BODY-COMBAT	PILATES STRONG
10:00	10:45	2						PILATES STRONG	
10:00	10:45	CYCLING						Cycling	Cycling
10:15	11:00	CROSS / ATHLE					CROSS-ATHLETICS		
10:15	11:00	2	Yoga	PILATES STRONG	Yoga	PILATES STRONG			
10:30	11:15	CROSS / ATHLE	CROSSMET	SUSPENSION TRAINING 45'	CROSSMET				
10:30	11:15	CROSS-HIIT							CROSS-HIIT UP BODY
11:00	11:15	BIOCIRCUIT		BIOCIRCUIT EXPRESS			BIOCIRCUIT EXPRESS		
11:00	11:30	CROSS / ATHLE				SUSPENSION TRAINING 30'			
11:00	11:45	CROSS / ATHLE						CROSSMET	
11:00	11:45	PISCINA					Aqua-Gym	Aqua-Gym	Aqua-Gym
11:00	11:45	1	GAP		GAP		BODY-PUMP	BODY-PUMP	GAP
11:00	11:45	2						Yoga	
11:00	11:45	CROSS-HIIT		HBX ROUND			HBX ROUND	CROSS-HIIT LOW BODY	
11:00	11:45	CYCLING			Cycling				
11:15	11:45	CROSS / ATHLE			HYPER STRETCH				
11:15	12:00	2		Espalda Sana		Body-Balance			
11:30	12:15	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym		
12:00	12:15	BIOCIRCUIT			BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS			
12:00	12:30	CROSS / ATHLE	HYPER STRETCH						
12:00	12:45	1			Zumba			Zumba	
12:00	12:45	CROSS-HIIT							CROSS-HIIT FULL BODY
12:00	12:45	CYCLING					Cycling	Cycling	Cycling
12:30	13:15	CROSS / ATHLE		CROSSMET		CROSS-ATHLETICS			
13:00	13:15	BIOCIRCUIT					BIOCIRCUIT EXPRESS		
13:00	13:15	CROSS / ATHLE					Abdominales		
13:00	13:30	PISCINA						Swimming Club	Swimming Club
13:00	13:45	2	Pilates Stretch			Pilates Stretch	Espalda Sana		
13:15	13:45	CROSS / ATHLE		HYPER STRETCH		HYPER STRETCH			
13:15	14:00	CROSS-HIIT		CROSS-HIIT FULL BODY					
13:30	13:45	CROSS / ATHLE							Abdominales
13:30	14:15	CROSS / ATHLE			CROSSMET		CROSSMET		
13:30	14:15	2		Yoga					
13:30	14:15	CROSS-HIIT	CROSS-HIIT LOW BODY			CROSS-HIIT UP BODY			
13:45	14:00	CROSS / ATHLE	Abdominales						
14:00	14:15	BIOCIRCUIT			BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS		
14:00	14:30	PISCINA	Swimming Club		Swimming Club		Swimming Club		
14:00	14:45	1	BODY-PUMP	BODY-PUMP	Zumba	Zumba			
14:00	14:45	2			PILATES STRONG				
14:00	14:45	CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
14:15	15:00	CROSS-HIIT			CROSS-HIIT LOW BODY				
14:30	15:00	CROSS / ATHLE				CROSS-MET 30			
14:30	15:15	CROSS / ATHLE		CROSS-ATHLETICS					
14:30	15:15	CROSS-HIIT					CROSS-HIIT LOW BODY		
15:00	15:15	CROSS / ATHLE						Abdominales	
15:00	15:30	CROSS / ATHLE			HYPER STRETCH				
15:00	15:30	PISCINA		Swimming Club		Swimming Club			Swimming Club
15:00	15:45	1	YOGA & CO						
15:00	15:45	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
15:15	15:45	CROSS / ATHLE				HYPER STRETCH			
15:15	16:00	CROSS / ATHLE					SUSPENSION TRAINING 45'		
15:30	16:00	CROSS / ATHLE		SUSPENSION TRAINING 30'					
15:30	16:00	PISCINA						Swimming Club	
15:30	16:15	2					Yoga		
15:30	16:15	CROSS-HIIT	HBX BOXING						
16:00	16:15	BIOCIRCUIT		BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS			
16:00	16:30	CROSS / ATHLE					HYPER STRETCH	CROSS-MET 30	
16:00	16:45	CROSS / ATHLE	CROSSMET		CROSS-ATHLETICS	BODY-PUMP			
16:00	16:45	1							
16:00	16:45	CROSS-HIIT		CROSS-HIIT FULL BODY					
16:00	16:45	CYCLING		Cycling		Cycling			
16:30	17:00	CROSS / ATHLE							SUSPENSION TRAINING 30'
16:30	17:15	2		Body-Balance					
16:30	17:15	CROSS-HIIT				CROSS-HIIT UP BODY			
17:00	17:15	BIOCIRCUIT	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS					
17:00	17:45	OUTDOOR				Running Club			
17:00	17:45	2	PILATES STRONG		Body-Balance	Yoga			
17:00	17:45	CYCLING	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			CROSS-HIIT LOW BODY		HBX BOXING		
17:30	18:00	CROSS / ATHLE						SUSPENSION TRAINING 30'	
17:30	18:00	PISCINA	Swimming Club		Swimming Club		Swimming Club		
17:30	18:15	1							BODY-PUMP
17:30	18:15	CROSS-HIIT	CROSS-HIIT UP BODY	HBX ROUND					
18:00	18:15	BIOCIRCUIT	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS					
18:00	18:30	PISCINA						Swimming Club	Swimming Club
18:00	18:45	PISCINA		Aqua-Gym					
18:00	18:45	2	Yoga	PILATES STRONG	Espalda Sana	Espalda Sana	Espalda Sana		
18:00	18:45	CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling Virtual	
18:15	18:30	CROSS / ATHLE							Abdominales
18:15	19:00	CROSS / ATHLE				CROSSMET			

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
18:15	19:00	1	BODY-COMBAT	Zumba	GAP	BODY-PUMP	BODY-PUMP		
18:15	19:00	CROSS-HIIT			CROSS-HIIT FULL BODY		CROSS-HIIT LOW BODY		
18:30	19:15	CROSS / ATHLE		SUSPENSION TRAINING 45'					
18:30	19:15	CROSS-HIIT	CROSS-HIIT LOW BODY	CROSS-HIIT UP BODY		HBX ROUND			
18:30	19:15	CYCLING							Cycling
18:45	19:00	CROSS / ATHLE						Abdominales	
19:00	19:45	OUTDOOR		Running Club					
19:00	19:45	PISCINA	Aqua-Gym		Aqua-Gym				
19:00	19:45	2	Body-Balance	Yoga	PILATES STRONG	PILATES STRONG	PILATES STRONG		
19:00	19:45	CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		Cycling Virtual
19:15	20:00	1	Zumba	BODY-PUMP	BODY-COMBAT	Zumba	Zumba		
19:15	20:00	CROSS-HIIT			CROSS-HIIT UP BODY				
19:30	20:00	PISCINA		Swimming Club		Swimming Club			
19:30	20:15	CROSS-HIIT	CROSS-HIIT FULL BODY	CROSS-HIIT LOW BODY		CROSS-HIIT LOW BODY			
20:00	20:15	BIOCIRCUIT				BIOCIRCUIT EXPRESS			
20:00	20:30	CROSS / ATHLE			SUSPENSION TRAINING 30'				
20:00	20:45	CYCLING	Cycling Virtual	Cycling	Cycling	Cycling	Cycling Virtual	Cycling Virtual	
20:15	20:45	CROSS / ATHLE		SUSPENSION TRAINING 30'					
20:15	21:00	1	BODY-PUMP						
20:15	21:00	2	Pilates Stretch	Espalda Sana	Body-Balance				
20:15	21:00	CROSS-HIIT	HBX BOXING						
20:30	21:00	PISCINA	Swimming Club		Swimming Club		Swimming Club		
20:45	21:00	CROSS / ATHLE	Abdominales		Abdominales				
21:00	21:30	PISCINA		Swimming Club		Swimming Club			
21:00	21:45	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
21:30	22:00	CROSS / ATHLE	CROSSMET & CO						

■ 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>