

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:00	07:30	CROSS-MET	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
07:30	08:10	1		Tonificación					
07:30	08:15	1				BODY-PUMP			
07:30	08:15	CYCLING	Cycling		Cycling		Cycling		
08:15	08:30	CROSS-MET	Abdominales				Abdominales		
08:15	09:00	CYCLING		Cycling		Cycling			
08:15	09:10	CROSS-MET				Suspension Training			
08:15	09:10	1	TOTAL BARRA		TOTAL BARRA		Body Combat		
08:15	09:10	3			Power Yoga				
09:00	09:15	CROSS-MET		Abdominales					
09:00	09:55	3							Pilates Stretch
09:10	09:40	ZONA FITNESS	HYPER STRETCH				HYPER STRETCH		
09:15	09:30	CROSS-MET		STRETCHING		STRETCHING			
09:30	10:00	CROSS-MET							CROSS- MET 30'
09:30	10:25	1	Zumba						
09:30	10:25	3		Pilates Stretch		Yoga Flow			
10:00	10:30	CROSS-MET	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
10:00	10:45	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym		
10:00	10:45	CYCLING							Cycling
10:30	11:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			Cycling
10:30	11:25	1		Fitness Condition		Tonificación			
10:30	11:25	3	Yoga		Pilates Stretch				
10:45	11:00	CROSS-MET							Abdominales
11:00	11:15	CROSS-MET							STRETCHING
11:00	11:45	1							Fitness Condition
11:30	12:25	1		TOTAL BARRA		TOTAL BARRA			
11:30	12:25	3			Espalda Sana		Pilates Strong		
11:45	12:00	CROSS-MET							Abdominales
12:00	12:15	CROSS-MET							STRETCHING
12:00	12:30	CROSS-MET	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
12:00	12:45	CYCLING							Cycling
12:30	13:15	CROSS-MET	Suspension Training				Suspension Training		
12:30	13:25	1	Tonificación			RITMOS LATINOS			
13:00	13:15	BIOCIRCUIT	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS		
13:30	13:45	CROSS-MET		GAP EXPRESS		GAP EXPRESS			
13:30	14:15	CROSS-MET			CROSS-HIIT UPPERBODY				
13:30	14:15	1		BODY-PUMP		BODY-PUMP			
13:30	14:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			
14:30	15:15	CROSS-MET	CROSS-HIIT LOWERBODY		Suspension Training	CROSS-MET			
14:30	15:15	1	BODY-PUMP				GAP		
14:30	15:15	CYCLING		Cycling	Cycling				
15:15	15:30	CROSS-MET	Abdominales	Abdominales	Abdominales		Abdominales		
15:30	16:00	ZONA FITNESS	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH	HYPER STRETCH		
15:30	16:25	1					Zumba		
16:00	16:15	BIOCIRCUIT	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS	BIOCIRCUIT EXPRESS		
16:00	16:45	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
17:00	17:30	CROSS-MET	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
17:00	17:45	CYCLING					Cycling		
17:00	17:55	1					Fitness Condition		
17:45	18:00	CROSS-MET					Abdominales		
17:45	18:30	CYCLING	Cycling		Cycling				
18:00	18:15	CROSS-MET					STRETCHING		
18:00	18:30	CROSS-MET							CROSS- MET 30'
18:00	18:45	CROSS-MET	CROSS-MET	CROSS-HIIT FULLBODY	CROSS-MET	CROSS-MET			
18:00	18:45	CYCLING					Cycling Virtual		
18:00	18:55	1	BODY-PUMP	TOTAL BARRA	BODY-PUMP	TOTAL BARRA			
18:00	19:00	1					TOTAL BARRA		
18:15	19:10	3	Pilates Strong	Power Yoga	Pilates Strong	Yoga	Pilates Stretch		
18:30	19:25	1							BODY-PUMP
18:45	19:00	CROSS-MET	Abdominales		Abdominales	Abdominales			
18:45	19:30	CYCLING	Cycling	Cycling	Cycling	Cycling			
19:00	19:30	CROSS-MET	CROSS- MET 30'		CROSS- MET 30'				
19:00	19:45	OUTDOOR		Running Club					
19:00	19:55	CROSS-MET					CROSS-MET		
19:00	19:55	1	Fitness Condition	BODY-PUMP	Body Combat	BODY-PUMP			
19:15	19:30	CROSS-MET							Abdominales
19:15	20:00	OUTDOOR				Running Club			
19:15	20:10	3	Yoga Flow	Espalda Sana	Body-Balance	Pilates Stretch			
19:30	19:45	CROSS-MET							STRETCHING
19:30	20:15	CYCLING							Cycling
19:45	20:30	CYCLING	Cycling	Cycling			Cycling Virtual		
20:00	20:55	1	Body Combat	Zumba	GAP	RITMOS LATINOS			
20:15	20:30	CROSS-MET							Abdominales
20:15	21:10	3		Pilates Strong					
20:30	20:45	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales			STRETCHING
20:45	21:00	CROSS-MET	STRETCHING	STRETCHING		STRETCHING			
20:45	21:15	ZONA FITNESS			HYPER STRETCH				
21:00	21:45	CYCLING	CYCLING VIRTUAL ENG	CYCLING VIRTUAL ENG	CYCLING VIRTUAL ENG	CYCLING VIRTUAL ENG	CYCLING VIRTUAL ENG		

■ 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>