

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Martes
07:00	07:30	CROSS-MET	CROSS- MET 30'
07:30	08:00	BIOCIRCUIT	Test Biocircuit
07:30	08:10	1	Fitness Condition
08:15	09:00	CYCLING	Cycling
09:00	09:15	CROSS-MET	Abdominales
09:15	09:30	CROSS-MET	STRETCHING
09:30	10:25	3	Pilates Stretch
10:00	10:30	BIOCIRCUIT	Test Biocircuit
10:00	10:30	CROSS-MET	CROSS- MET 30'
10:00	10:45	PISCINA	Aqua-Gym
10:30	11:15	CYCLING	Cycling Virtual
10:30	11:25	1	Fitness Condition
11:30	12:25	3	Pilates Strong
12:00	12:30	BIOCIRCUIT	Test Biocircuit
12:00	12:30	CROSS-MET	CROSS- MET 30'
12:30	13:25	3	Body-Balance
13:30	13:45	CROSS-MET	GAP EXPRESS
13:30	14:15	1	BODY-PUMP
13:30	14:15	CYCLING	Cycling Virtual
14:30	15:00	BIOCIRCUIT	Test Biocircuit
14:30	15:15	1	Zumba
14:30	15:15	CYCLING	Cycling
15:15	15:30	CROSS-MET	Abdominales
15:30	15:45	CROSS-MET	STRETCHING
16:00	16:45	CYCLING	Cycling Virtual
17:00	17:30	CROSS-MET	CROSS- MET 30'
17:00	17:30	CYCLING	Cycling Virtual
18:00	18:30	BIOCIRCUIT	Test Biocircuit
18:00	18:45	CROSS-MET	CROSS-MET
18:00	18:55	1	Fitness Condition
18:15	19:10	3	Yoga
18:45	19:00	CROSS-MET	Abdominales
18:45	19:30	CYCLING	Cycling
19:00	19:30	CROSS-MET	CROSS- MET 30'
19:00	19:55	1	BODY-PUMP
19:15	20:10	3	Espalda Sana
19:30	20:00	BIOCIRCUIT	Test Biocircuit
19:45	20:30	CYCLING	Cycling
20:00	20:55	1	Zumba
20:15	21:10	3	Pilates Strong
20:30	20:45	CROSS-MET	Abdominales
20:45	21:00	CROSS-MET	STRETCHING
21:00	21:45	CYCLING	Cycling Virtual

■ 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>