

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves
07:00	07:30	CROSS-MET	CROSS- MET 30´	CROSS- MET 30´	CROSS- MET 30´	
07:30	08:00	BIOCIRCUIT	Test Biocircuit	Test Biocircuit	Test Biocircuit	
07:30	08:10	1		Fitness Condition		
07:30	08:15	CYCLING	Cycling		Cycling	
08:15	08:30	CROSS-MET	Abdominales		Abdominales	
08:15	09:00	CYCLING		Cycling		
08:15	09:10	3			Yoga	
08:15	09:15	1			Fitness Condition	
08:15	09:15	3	Pilates Stretch			
08:30	08:45	CROSS-MET	STRETCHING		STRETCHING	
09:00	09:15	CROSS-MET		Abdominales		
09:15	09:30	CROSS-MET		STRETCHING		
09:30	10:00	BIOCIRCUIT	Test Biocircuit		Test Biocircuit	
09:30	10:25	3		Pilates Stretch		
10:00	10:30	BIOCIRCUIT		Test Biocircuit		
10:00	10:30	CROSS-MET	CROSS- MET 30´	CROSS- MET 30´	CROSS- MET 30´	
10:00	10:45	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym	
10:00	10:45	CYCLING				Cycling
10:30	11:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	
10:30	11:25	1		Fitness Condition		
10:30	11:25	3	Yoga		Pilates Stretch	
11:00	11:15	CROSS-MET				STRETCHING
11:00	11:45	1				Fitness Condition
11:30	12:00	BIOCIRCUIT	Test Biocircuit			
11:30	12:25	3	Espalda Sana	Pilates Strong	Espalda Sana	
12:00	12:15	CROSS-MET				STRETCHING
12:00	12:30	BIOCIRCUIT		Test Biocircuit	Test Biocircuit	
12:00	12:30	CROSS-MET	CROSS- MET 30´	CROSS- MET 30´	CROSS- MET 30´	
12:00	12:45	PISCINA	Aqua-Gym		Aqua-Gym	
12:30	13:25	1	Zumba		Fitness Condition	
12:30	13:25	3		Body-Balance		
13:30	13:45	CROSS-MET	Suspension Training	GAP EXPRESS	Suspension Training	
13:30	14:15	1	Fitness Condition	BODY-PUMP		
13:30	14:15	3			Pilates Stretch	
13:30	14:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	
14:00	14:30	BIOCIRCUIT			Test Biocircuit	
14:30	15:00	BIOCIRCUIT	Test Biocircuit	Test Biocircuit		
14:30	15:15	1	BODY-PUMP	Zumba	Fitness Condition	
14:30	15:15	CYCLING	Cycling	Cycling	Cycling	
15:15	15:30	CROSS-MET	Abdominales	Abdominales	Abdominales	
15:30	15:45	CROSS-MET	STRETCHING	STRETCHING	STRETCHING	
16:00	16:45	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	
17:00	17:30	CROSS-MET	CROSS- MET 30´	CROSS- MET 30´	CROSS- MET 30´	
17:00	17:30	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	
17:45	18:30	CYCLING	Cycling		Cycling	
18:00	18:30	BIOCIRCUIT		Test Biocircuit		
18:00	18:45	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	
18:00	18:55	1	BODY-PUMP	Fitness Condition	BODY-PUMP	
18:15	19:10	3	Pilates Strong	Yoga	Pilates Strong	
18:30	19:00	BIOCIRCUIT	Test Biocircuit		Test Biocircuit	
18:30	19:15	1				BODY-PUMP
18:45	19:00	CROSS-MET	Abdominales	Abdominales	Abdominales	
18:45	19:30	CYCLING	Cycling	Cycling	Cycling	
19:00	19:30	BIOCIRCUIT	Test Biocircuit			
19:00	19:30	CROSS-MET	CROSS- MET 30´	CROSS- MET 30´	CROSS- MET 30´	
19:00	19:55	1	Zumba	BODY-PUMP	Body Combat	
19:15	20:10	3	Yoga	Espalda Sana	Body-Balance	
19:30	19:45	CROSS-MET				STRETCHING
19:30	20:00	BIOCIRCUIT		Test Biocircuit		
19:30	20:15	CYCLING				Cycling
19:45	20:30	CYCLING	Cycling	Cycling	Cycling	
20:00	20:55	1	Body Combat	Zumba	GAP	
20:15	21:10	3	Body-Balance	Pilates Strong	Espalda Sana	
20:30	20:45	CROSS-MET	Abdominales	Abdominales	Abdominales	STRETCHING
20:45	21:00	CROSS-MET	STRETCHING	STRETCHING	STRETCHING	
21:00	21:45	CYCLING	Cycling Virtual	Cycling Virtual	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 Metropolitán. <https://clubmetropolitan.com>