

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	08:00	BIOCIRCUIT	Test Biocircuit	Test Biocircuit	Test Biocircuit	Test Biocircuit	Test Biocircuit		
07:30	08:10	1		Fitness Condition					
07:30	08:15	1				BODY-PUMP			
07:30	08:15	CYCLING	Cycling		Cycling		Cycling		
08:15	08:30	CROSS-MET	Abdominales		Abdominales		Abdominales		
08:15	09:00	CYCLING		Cycling		Cycling			
08:15	09:10	3			Yoga				
08:15	09:15	3	Pilates Stretch						
08:30	08:45	CROSS-MET	STRETCHING		STRETCHING		STRETCHING		
09:00	09:15	CROSS-MET		Abdominales		Abdominales			
09:00	09:55	3						Espalda Sana	Pilates Stretch
09:15	09:30	CROSS-MET		STRETCHING		STRETCHING			
09:30	10:00	BIOCIRCUIT	Test Biocircuit		Test Biocircuit		Test Biocircuit		
09:30	10:00	CROSS-MET						CROSS- MET 30´	CROSS- MET 30´
09:30	10:25	3		Pilates Stretch		Yoga			
10:00	10:30	BIOCIRCUIT		Test Biocircuit		Test Biocircuit			
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		
10:00	10:45	CYCLING							Cycling
10:00	11:30	CYCLING						MASTER TOUR DE FRANCIA 2025	
10:30	11:15	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
10:30	11:25	1		Fitness Condition		Fitness Condition			
10:30	11:25	3	Yoga		Pilates Stretch				
10:45	11:00	CROSS-MET						Abdominales	Abdominales
11:00	11:15	CROSS-MET						STRETCHING	STRETCHING
11:00	11:45	1						BODY-PUMP	Fitness Condition
11:30	12:00	BIOCIRCUIT	Test Biocircuit						
11:30	12:25	3	Espalda Sana	Pilates Strong	Espalda Sana	Espalda Sana	Pilates Stretch		
11:45	12:00	CROSS-MET						Abdominales	Abdominales
12:00	12:15	CROSS-MET						STRETCHING	STRETCHING
12:00	12:30	BIOCIRCUIT		Test Biocircuit	Test Biocircuit	Test Biocircuit	Test Biocircuit		
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	PISCINA	Aqua-Gym						
12:30	13:25	1	Zumba				Fitness Condition		
13:30	13:45	CROSS-MET	Suspension Training	GAP EXPRESS	Suspension Training	GAP EXPRESS	Suspension Training		
13:30	14:15	1	Fitness Condition	BODY-PUMP		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		Test Biocircuit		
14:30	15:00	BIOCIRCUIT	Test Biocircuit	Test Biocircuit		Test Biocircuit			
14:30	15:15	1	BODY-PUMP	Zumba	Fitness Condition	CROSS-MET	GAP		
14:30	15:15	CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling		
15:15	15:30	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
15:30	15:45	CROSS-MET	STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING		
15:30	16:25	1					Zumba		
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	17:30	CYCLING	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			
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						
18:00	18:15	CROSS-MET					STRETCHING		
18:00	18:30	BIOCIRCUIT		Test Biocircuit		Test Biocircuit			
18:00	18:30	CROSS-MET						CROSS- MET 30´	CROSS- MET 30´
18:00	18:45	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET			
18:00	18:55	1	BODY-PUMP	Fitness Condition	BODY-PUMP	Fitness Condition	GAP		
18:15	19:10	3	Pilates Strong	Yoga	Pilates Strong	Yoga	Pilates Stretch		
18:30	19:00	BIOCIRCUIT	Test Biocircuit		Test Biocircuit				
18:30	19:25	1							BODY-PUMP
18:45	19:00	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales			
18:45	19:30	CYCLING	Cycling	Cycling	Cycling	Cycling			
19:00	19:30	BIOCIRCUIT	Test Biocircuit				Test Biocircuit		
19:00	19:30	CROSS-MET	CROSS- MET 30´	CROSS- MET 30´	CROSS- MET 30´	CROSS- MET 30´	CROSS- MET 30´		
19:00	19:55	1	Zumba	BODY-PUMP	Body Combat	GAP	CROSS-MET		
19:15	19:30	CROSS-MET						Abdominales	Abdominales
19:15	20:10	3	Yoga	Espalda Sana	Body-Balance	Pilates Stretch			
19:30	19:45	CROSS-MET						STRETCHING	STRETCHING
19:30	20:00	BIOCIRCUIT		Test Biocircuit		Test Biocircuit			
19:30	20:15	CYCLING						Cycling Virtual	Cycling
19:45	20:30	CYCLING	Cycling	Cycling	Cycling	Cycling	Cycling Virtual		
20:00	20:55	1	Body Combat	Zumba	GAP	BODY-PUMP			
20:15	20:30	CROSS-MET						Abdominales	Abdominales
20:15	21:10	3		Pilates Strong	Espalda Sana	Espalda Sana			
20:30	20:45	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales		STRETCHING	STRETCHING
20:45	21:00	CROSS-MET	STRETCHING	STRETCHING	STRETCHING	STRETCHING			
21:00	21:45	CYCLING	Cycling Virtual	Cycling Virtual	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 Metropolitan. <https://clubmetropolitan.com>