

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:30	08:00	CROSS-MET	CROSS-MET	CROSS-MET		CROSS-MET	CROSS-MET		
07:30	08:15	2 CYCLING	Cycling			Cycling Virtual	Cycling		
07:30	08:25	1		Body Pump		Body Pump			
08:15	08:45	CROSS-MET	ABD + STRETCH	Espalda Sana			ABD + STRETCH		
08:15	08:45	EXTERIOR				Espalda Sana			
08:30	09:15	PISCINA	Aqua-Gym	Aqua-Circuit		Aqua-Espalda	Aqua-Circuit		
09:30	10:25	1	Body Combat	Body Pump		Body Combat	Body Pump		
10:00	10:30	CROSS-MET	ABD + STRETCH	Espalda Sana		Espalda Sana	ABD + STRETCH		
10:00	10:55	3	Pilates Stretch	TAICHI		Yoga	Pilates Stretch		
10:15	11:00	PISCINA	Aqua-Espalda	Aqua-Gym		Aqua-Circuit	Aqua-Gym		
10:30	11:15	PISCINA			Aqua-Gym			Aqua-Gym	Aqua-Gym
10:30	11:15	2 CYCLING						Cycling Virtual	Cycling Virtual
10:30	11:25	1	Zumba	Fitness Condition		Fitness Condition			
10:30	11:25	3						Pilates Stretch	
11:00	11:30	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET
11:00	11:45	2 CYCLING	Cycling Virtual			Cycling	Cycling Virtual		
11:00	11:55	3	Body-Balance	Yoga		TAICHI	Body-Balance		
11:30	12:15	PISCINA	Aqua-Espalda	Aqua-Gym	Aqua-Gym	Aqua-Circuit	Aqua-Gym	Aqua-Gym	Aqua-Gym
11:30	12:15	2 CYCLING						Cycling	
11:30	12:25	1			Body Pump				Body Pump
12:00	12:15	CROSS-MET		MIO-STRETCH 15		MIO-STRETCH 15			
12:00	12:30	CROSS-MET	GAP EXPRESS				Abdominales		
12:30	13:00	CROSS-MET			Suspension Training			ABD + STRETCH	Suspension Training
12:30	13:15	2 CYCLING							Cycling
12:45	13:30	PISCINA	Aqua-Espalda						
13:30	14:00	CROSS-MET			ABD + STRETCH			GAP EXPRESS	ABD + STRETCH
14:30	15:00	CROSS-MET	CROSS-MET	CROSS-MET		CROSS-MET	CROSS-MET		
14:30	15:15	2 CYCLING	Cycling			Cycling Virtual	Cycling Virtual		
14:30	15:25	1	PILATES STRONG	Body Pump		Body Pump			
14:30	15:25	3		Yoga		Body-Balance			
15:15	15:45	CROSS-MET	ABD + STRETCH	Suspension Training		GAP EXPRESS	ABD + STRETCH		
16:30	17:00	CROSS-MET		CROSS-MET		CROSS-MET			
17:30	18:00	CROSS-MET	ABD + STRETCH	Espalda Sana	GAP EXPRESS	Espalda Sana	GAP EXPRESS	Suspension Training	GAP EXPRESS
18:00	18:45	PISCINA			Aqua-Gym				Aqua-Gym
18:00	18:55	1	Body Pump	Fitness Condition	Body Pump	PILATES STRONG		Body Pump	Body Pump
18:15	19:00	2 CYCLING	Cycling			Cycling	Cycling	Cycling Virtual	Cycling Virtual
18:30	19:15	PISCINA	Aqua-Espalda	Aqua-Circuit		Aqua-Gym	Aqua-Gym		
18:30	19:25	3	Yoga	Pilates Stretch					
19:00	19:30	CROSS-MET	Abdominales				ABD + STRETCH		
19:00	19:45	CROSS-MET		HBX BOXING		HBX BOXING			
19:00	19:45	PISCINA			Aqua-Gym			Aqua-Gym	Aqua-Gym
19:00	19:55	1	Body Combat	Body Pump		Body Pump	Zumba		
19:15	20:00	2 CYCLING				Cycling	Cycling	Cycling	Cycling
19:30	20:00	CROSS-MET	CROSS-MET		CROSS-MET		CROSS-MET	CROSS-MET	CROSS-MET
19:30	20:00	EXTERIOR		GAP EXPRESS		ABD + STRETCH			
19:30	20:25	3	Pilates Stretch	Body-Balance		Yoga			
20:00	20:55	1	Zumba	Body Combat		Body Combat			
20:00	20:55	3					Body-Balance		
20:15	21:00	PISCINA	Aqua-Combat	Aqua-Gym		Aqua-Circuit	Aqua-Gym		
20:15	21:00	2 CYCLING	Cycling			Cycling	Cycling Virtual		
20:30	21:00	CROSS-MET	CROSS-MET	CROSS-MET		CROSS-MET	Suspension Training		
20:30	21:25	3	Body-Balance						
21:00	21:55	3		Yoga		Pilates Stretch			

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://clubmetropolitán.com>