

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Jueves              |
|--------|-------|-----------|---------------------|
| 10:30  | 11:15 | PISCINA   | Aqua-Gym            |
| 10:30  | 11:15 | 2 CYCLING | Cycling Virtual     |
| 11:00  | 11:30 | CROSS-MET | CROSS-MET           |
| 11:30  | 12:15 | PISCINA   | Aqua-Gym            |
| 11:30  | 12:25 | 1         | Body Pump           |
| 12:30  | 13:00 | CROSS-MET | Suspension Training |
| 12:30  | 13:15 | 2 CYCLING | Cycling             |
| 13:30  | 14:00 | CROSS-MET | ABD + STRETCH       |
| 17:30  | 18:00 | CROSS-MET | GAP EXPRESS         |
| 18:00  | 18:45 | PISCINA   | Aqua-Gym            |
| 18:00  | 18:55 | 1         | Body Pump           |
| 18:15  | 19:00 | 2 CYCLING | Cycling Virtual     |
| 19:00  | 19:45 | PISCINA   | Aqua-Gym            |
| 19:15  | 20:00 | 2 CYCLING | Cycling             |
| 19:30  | 20:00 | CROSS-MET | CROSS-MET           |

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>