

Los horarios de actividades están sujetos a posibles modificaciones

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

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>