

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Miércoles
07:30	08:00	CROSS-MET	CROSSMET
07:30	08:15	2 CYCLING	Cycling
08:15	08:45	CROSS-MET	ABD + STRETCH
08:30	09:15	PISCINA	Aqua-Gym
08:30	09:25	3	PILATES STRONG
09:30	10:25	1	TOTAL BARRA
10:00	10:30	CROSS-MET	HIPOPRESIVOS
10:00	10:55	3	Body-Balance
10:30	11:15	PISCINA	Aqua-Espalda
10:30	11:25	1	Zumba
11:00	11:45	CROSS-MET	HBX ROUND
11:00	11:55	3	Pilates Stretch
12:00	12:30	CROSS-MET	ABD + STRETCH
12:00	12:55	3	Pilates Stretch
12:30	12:45	BIOCIRCUIT	BIOCIRCUIT EXPRESS
12:30	13:15	PISCINA	Aqua-Espalda
14:30	15:00	CROSS-MET	CROSSMET
14:30	15:15	2 CYCLING	Cycling
14:30	15:25	1	Body Combat
15:15	15:45	CROSS-MET	Abdominales
17:00	17:55	1	Sevillanas
17:30	18:00	CROSS-MET	Suspension Training
18:00	18:15	BIOCIRCUIT	BIOCIRCUIT EXPRESS
18:00	18:55	1	Zumba
18:15	19:00	2 CYCLING	Cycling
18:30	19:15	PISCINA	Aqua-Espalda
18:30	19:25	3	Yoga
19:00	19:30	CROSS-MET	Suspension Training
19:00	19:45	EXTERIOR	Running Club
19:00	19:55	1	Fitness Condition
19:15	20:00	2 CYCLING	Cycling
19:30	20:00	CROSS-MET	CROSSMET
19:30	20:25	3	Pilates Stretch
20:00	20:55	1	Body Pump
20:15	21:00	PISCINA	Aqua-Combat
20:15	21:00	2 CYCLING	Cycling
20:30	21:00	CROSS-MET	GAP EXPRESS
20:30	21:30	3	Body-Balance

■ 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>