

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Viernes
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-Circuit
09:30	10:25	1	Body Pump
10:00	10:30	CROSS-MET	ABD + STRETCH
10:00	10:55	3	Pilates Stretch
10:30	11:15	PISCINA	Aqua-Gym
11:00	11:30	CROSS-MET	CROSSMET
11:00	11:30	2 CYCLING	CYCLING VIRTUAL ENG
11:00	11:55	3	Body-Balance
11:30	11:45	BIOCIRCUIT	BIOCIRCUIT EXPRESS
12:00	12:30	CROSS-MET	Abdominales
12:30	13:15	PISCINA	Aqua-Gym
14:30	15:00	CROSS-MET	CROSSMET
14:30	15:15	2 CYCLING	Cycling Virtual
15:15	15:45	CROSS-MET	ABD + STRETCH
16:30	17:00	2 CYCLING	CYCLING VIRTUAL ENG
17:30	18:00	CROSS-MET	GAP EXPRESS
18:00	18:55	1	BAILES LATINOS
18:15	19:00	2 CYCLING	Cycling
18:30	19:15	PISCINA	Aqua-Circuit
19:00	19:30	CROSS-MET	ABD + STRETCH
19:00	19:55	1	Zumba
19:15	20:00	2 CYCLING	Cycling
19:30	20:00	CROSS-MET	CROSSMET
20:00	20:55	3	Body-Balance
20:15	21:00	PISCINA	Aqua-Gym
20:30	21:00	CROSS-MET	Suspension Training

■ 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>