

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15	08:00	2 CYCLING	Cycling Virtual		Cycling Virtual				
07:30	08:00	3-ARRIBA	CROSS-MET						
07:45	08:30	2 CYCLING		Cycling Virtual					
08:00	08:45	2 CYCLING	Cycling Virtual		Cycling Virtual				
08:15	08:30	3-ARRIBA		Abdominales					
08:30	08:45	3-ARRIBA	Abdominales		Abdominales				
08:30	09:15	PISCINA	Swimming Club		Swimming Club				
09:00	09:45	2 CYCLING	Cycling Virtual	Cycling	Cycling Virtual			Cycling Virtual	
09:00	09:50	1		Zumba	Pilates Stretch				
09:00	09:50	3-ARRIBA	Fitness Condition						
09:15	09:45	PISCINA			AQUAGYM				
09:30	09:45	CROSSMET		Abdominales					
09:30	09:50	CROSSMET	Suspension Training		Suspension Training				
09:30	10:00	PISCINA		Swimming Club					
09:30	10:15	PISCINA	Aqua-Gym						
09:30	10:15	2 CYCLING				Cycling Virtual	Cycling Virtual		Cycling Virtual
10:00	10:15	CROSSMET						Abdominales	
10:00	10:15	3-ARRIBA				Abdominales	Abdominales		Abdominales
10:00	10:30	CROSSMET			HYPER STRETCH				
10:00	10:30	3-ARRIBA	HYPER STRETCH	Espalda Sana					
10:00	10:50	1	Body-Balance	Body Pump	Zumba				
10:00	10:50	3-ARRIBA			CROSS-MET				
10:30	11:00	PISCINA				AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
10:30	11:15	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym				
10:30	11:15	2 CYCLING	Cycling			Cycling	Cycling	Cycling	Cycling
10:30	11:20	1						Pilates Stretch	
11:00	11:50	1	Yoga	Tai Chi	Yoga				
11:00	11:50	3-ARRIBA	TOTAL BARRA						
11:15	11:45	CROSS-MET EXT					CROSS-MET		
11:15	11:45	3-ARRIBA							CROSS-MET
11:30	12:00	3-ARRIBA			CROSS-MET				
11:30	12:15	PISCINA		Aqua-Gym	Aqua-Gym				
11:30	12:20	CROSSMET				Fitness Condition			
11:30	12:20	1					Zumba	Fitness Condition	Zumba
12:00	12:15	CROSSMET						Abdominales	
12:00	12:15	3-ARRIBA				Abdominales	Abdominales		Abdominales
12:00	12:30	CROSS-MET EXT	CROSS-MET						
12:00	12:30	PISCINA				AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
12:00	12:45	2 CYCLING	Cycling Virtual		Cycling Virtual				
12:15	12:30	3-ARRIBA				HYPER STRETCH	HYPER STRETCH		HYPER STRETCH
12:15	12:45	PISCINA	AQUAGYM						
12:15	12:45	3-ARRIBA						HYPER STRETCH	
12:15	12:55	1	HIPOPRESIVOS						
12:30	13:00	PISCINA		AQUAGYM	AQUAGYM				
12:30	13:15	2 CYCLING				Cycling Virtual	Cycling Virtual		
13:00	13:45	2 CYCLING						Cycling Virtual	
13:15	14:00	2 CYCLING		Cycling Virtual					
14:00	14:30	3-ARRIBA	CROSS-MET						
14:00	14:50	3-ARRIBA			CROSS-MET				
14:30	14:45	3-ARRIBA	Abdominales						
14:30	15:00	PISCINA	Swimming Club		Swimming Club				
14:30	15:15	2 CYCLING	Cycling	Cycling Virtual	Cycling Virtual				
14:30	15:20	1	Body Pump	Yoga					
14:30	15:20	3-ARRIBA		CROSS-MET					
14:30	15:30	EXTERIOR			Running Club				
15:00	15:45	2 CYCLING				Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
15:30	16:15	2 CYCLING	Cycling Virtual		Cycling Virtual				
15:30	16:20	1	Pilates Stretch		Espalda Sana				
16:15	17:00	2 CYCLING		Cycling Virtual					
17:00	17:45	2 CYCLING				Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
17:00	17:50	1	Yoga	Pilates Stretch	Yoga				
17:30	18:15	2 CYCLING	Cycling Virtual		Cycling Virtual				
18:00	18:45	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym				
18:00	18:45	2 CYCLING		Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
18:00	18:50	1	Body Pump	HIPOPRESIVOS	Body Pump				
18:00	18:50	3-ARRIBA	Fitness Condition	Zumba	TOTAL BARRA				
18:30	18:45	CROSSMET	Abdominales		Abdominales				
18:30	19:15	2 CYCLING	Cycling		Cycling				
18:40	18:55	3-ARRIBA				Abdominales	Abdominales	Abdominales	Abdominales
19:00	19:30	3-ARRIBA				CROSS-MET	CROSS-MET	CROSS-MET	CROSS-MET
19:00	19:40	3-ARRIBA			HIPOPRESIVOS				
19:00	19:45	2 CYCLING				Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
19:00	19:50	1	Pilates Stretch	Body Pump	Zumba				
19:00	19:50	3-ARRIBA		Fitness Condition					
19:00	20:00	EXTERIOR			Running Club				
19:15	19:35	CROSSMET		Suspension Training	Suspension Training				
19:15	19:45	PISCINA	AQUAGYM	Swimming Club					
19:15	20:00	PISCINA			Swimming Club				
19:15	20:00	2 CYCLING		Cycling					
19:15	20:05	CROSS-MET EXT	CROSS-MET EXT						
19:30	19:45	CROSS-MET EXT							
19:30	20:15	2 CYCLING	Cycling		Cycling				
20:00	20:45	PISCINA		Swimming Club					
20:00	20:50	EXTERIOR							
20:00	20:50	1	Zumba	Yoga	Pilates Stretch				
20:00	20:50	3-ARRIBA		Body Combat					
20:15	21:00	PISCINA	Aqua-Gym		Aqua-Gym				
20:15	21:00	2 CYCLING		Cycling					
20:30	21:00	CROSSMET	CROSS-MET						
20:30	21:15	2 CYCLING	Cycling		Cycling				
21:00	21:45	PISCINA	Swimming Club						
21:00	21:50	1			Yoga				
21:15	22:00	2 CYCLING		Cycling Virtual					

■ Acuáticas
 ■ Alto gasto calórico
 ■ Body-Mind
 ■ Cardiovascular
 ■ Coreografiadas
 ■ Outdoor
 ■ Tonicación Muscular

Puede consultar los horarios en la web o en la app de Metropolitan. <https://clubmetropolitan.com>