

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				
07:45	08:30	2 CYCLING		Cycling Virtual		Cycling Virtual			
08:00	08:45	2 CYCLING	Cycling Virtual		Cycling Virtual		Cycling Virtual		
08:15	08:30	CROSSMET		Abdominales		Abdominales			
08:30	08:45	CROSSMET	Abdominales		Abdominales		Abdominales		
09:00	09:30	PISCINA			AQUAGYM				
09:00	09:45	2 CYCLING	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual	
09:00	09:50	1	Fitness Condition	Zumba	Pilates Stretch	Zumba	Yoga		
09:30	09:45	CROSSMET	GAP EXPRESS	Abdominales		GAP EXPRESS			
09:30	09:50	CROSSMET			Suspension Training		Suspension Training		
09:30	10:15	PISCINA	Aqua-Gym						
09:30	10:15	2 CYCLING							Cycling Virtual
10:00	10:15	CROSSMET	STRETCHING		STRETCHING		STRETCHING		
10:00	10:30	CROSSMET		Espalda Sana		Espalda Sana			
10:00	10:45	2 CYCLING						Cycling Virtual	
10:00	10:50	EXTERIOR			CROSS-MET				
10:00	10:50	1	Body-Balance	Body Pump	Zumba	Body Pump	Pilates Stretch		
10:30	10:45	CROSSMET						Abdominales	Abdominales
10:30	11:00	PISCINA		AQUAGYM			Aqua-Circuit	Aqua-Circuit	AQUAGYM
10:30	11:15	PISCINA	Aqua-Gym			Aqua-Gym			
10:30	11:15	2 CYCLING	Cycling				Cycling		
10:30	11:20	1						Pilates Stretch	
11:00	11:30	PISCINA			Aqua-Espalda				
11:00	11:45	2 CYCLING		Cycling Virtual		Cycling Virtual		Cycling	Cycling
11:00	11:50	1	Yoga	Tai Chi	Yoga	Tai Chi	Zumba		Zumba
11:15	11:35	CROSSMET						Suspension Training	
11:15	11:45	CROSSMET							CROSS-MET
11:30	12:20	1						Body Pump	
12:00	12:15	CROSSMET				Abdominales	Abdominales	Abdominales	Abdominales
12:00	12:30	PISCINA						Aqua-Circuit	Aqua-Espalda
12:00	12:45	2 CYCLING	Cycling Virtual		Cycling Virtual		Cycling Virtual	Cycling Virtual	
12:15	12:30	CROSSMET				STRETCHING		STRETCHING	STRETCHING
12:15	12:45	CROSSMET	HIPOPRESIVOS		HIPOPRESIVOS				
12:15	12:45	PISCINA	Aqua-Circuit	Aqua-Espalda		Aqua-Espalda	AQUAGYM		
12:15	13:00	PISCINA			Aqua-Gym				
12:30	13:15	2 CYCLING							Cycling Virtual
13:00	13:45	2 CYCLING						Cycling Virtual	
13:15	14:00	2 CYCLING		Cycling Virtual		Cycling Virtual			
14:00	14:15	CROSSMET		STRETCHING		STRETCHING			
14:00	14:30	CROSSMET	CROSS-MET		CROSS-MET				
14:30	14:45	CROSSMET	Abdominales		Abdominales		Abdominales		
14:30	15:00	CROSSMET		CROSS-MET		CROSS-MET			
14:30	15:00	PISCINA	Swimming Club		Swimming Club				
14:30	15:15	2 CYCLING	Cycling	Cycling Virtual	Cycling Virtual	Cycling	Cycling Virtual		
14:30	15:20	1	Body Pump	Yoga	Body Combat	Yoga	Fitness Condition		
14:30	15:30	EXTERIOR		Running Club					
15:00	15:45	2 CYCLING						Cycling Virtual	Cycling Virtual
15:30	16:00	PISCINA		Aqua-Circuit		AQUAGYM			
15:30	16:15	2 CYCLING	Cycling Virtual		Cycling Virtual		Cycling Virtual		
15:30	16:20	1	Pilates Stretch	CROSS-MET	Espalda Sana	Fitness Condition	Pilates Stretch		
16:15	17:00	2 CYCLING		Cycling Virtual		Cycling Virtual		Cycling Virtual	Cycling Virtual
17:00	17:45	2 CYCLING						Cycling Virtual	Cycling Virtual
17:00	17:50	1	Yoga		Yoga	Zumba			
17:30	18:15	2 CYCLING	Cycling Virtual		Cycling Virtual				
18:00	18:45	2 CYCLING		Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
18:00	18:50	1	Body Pump	Zumba	Body Pump	Pilates Stretch	Zumba		
18:15	19:00	PISCINA	Aqua-Gym	Aqua-Gym	Aqua-Gym	Aqua-Gym			
18:30	19:15	2 CYCLING	Cycling		Cycling				
18:40	18:55	CROSSMET	Abdominales	GAP EXPRESS	Abdominales	GAP EXPRESS	Abdominales	Abdominales	Abdominales
19:00	19:45	2 CYCLING						Cycling Virtual	Cycling Virtual
19:00	19:50	1	Pilates Stretch	Body Pump	Zumba	Body Combat	Body-Balance		Body Pump
19:10	19:40	CROSSMET		CROSS-MET		CROSS-MET	CROSS-MET		
19:15	19:45	PISCINA	AQUAGYM	Swimming Club	Swimming Club		AQUAGYM		
19:15	20:00	2 CYCLING		Cycling		Cycling			
19:15	20:05	CROSS-MET EXT	CROSS-MET EXT						
19:30	20:00	CROSSMET						CROSS-MET	CROSS-MET
19:30	20:15	2 CYCLING	Cycling		Cycling				
19:40	19:55	CROSSMET	GAP EXPRESS	Abdominales	GAP EXPRESS	Abdominales			
20:00	20:45	PISCINA		Swimming Club		Swimming Club			
20:00	20:50	CROSS-MET EXT			CROSS-MET		CROSS-MET EXT		
20:00	20:50	EXTERIOR		Fitness Condition					
20:00	20:50	1		Yoga	Pilates Stretch	Body-Balance			
20:05	20:55	1	Zumba						
20:15	21:00	PISCINA	Aqua-Gym		Aqua-Gym				
20:15	21:00	2 CYCLING		Cycling		Cycling	Cycling Virtual		
20:30	21:15	2 CYCLING	Cycling		Cycling				
20:45	21:15	PISCINA		Aqua-Circuit		Aqua-Circuit			
21:00	21:50	1	CROSS-MET	Body Combat	Yoga	Body Pump	Yoga		
21:15	22:00	2 CYCLING		Cycling Virtual		Cycling Virtual	Cycling Virtual		

■ 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>