

Los horarios de actividades están sujetos a posibles modificaciones

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