

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		
07:30	08:00	PISCINA					Aquaboard		
07:30	08:15	CROSS-MET	CROSS-MET 45'				CROSS-MET 45'		
07:30	08:15	2 CYCLING	Cycling		Cycling				
07:30	08:25	CROSS-MET				GAP			
07:30	08:25	1		Body Pump					
08:15	08:30	OPEN	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
09:15	10:00	2 CYCLING		Cycling			Cycling		
09:30	10:00	CROSS-MET						CROSS-MET 30'	
09:30	10:15	CROSS-MET	HBX BOXING		HBX BOXING				
09:30	10:15	2 CYCLING						Cycling Virtual	Cycling Virtual
09:30	10:25	1	Body Pump	GAP	Espalda Sana	Body Pump	Pilates Stretch		
10:00	10:30	PISCINA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM			
10:00	10:55	EXTERIOR				NORDIC WALKING			
10:00	10:55	1						Aero Latino	
10:15	11:00	CROSS-MET EXT		SUSPENSION TRAINING 45'			SUSPENSION TRAINING 45'		
10:15	11:00	2 CYCLING	Cycling		Cycling	Cycling			
10:30	10:45	CROSS-MET						Abdominales	Abdominales
10:30	10:45	OPEN	MIO-STRETCH	Abdominales		STRETCHING	MIO-STRETCH		
10:30	11:25	CROSS-MET		Pilates Strong	Yoga				
10:30	11:25	1	GAP	Espalda Sana	Body Combat	Body-Balance	Fitness Condition		
11:00	11:55	1						GAP	Fitness Condition
11:30	11:45	OPEN		STRETCHING	HIPOPRESIVOS	MIO-STRETCH	HIPOPRESIVOS		HIPOPRESIVOS
11:30	12:00	CROSS-MET	CROSS-MET 30'						
11:30	12:00	PISCINA	Aqua-Espalda	Aqua-Espalda	Aqua-Stretch	Aqua-Stretch	Aqua-Espalda	Aqua-Espalda	
11:30	12:25	1	Pilates Stretch	Fitness Condition	Body-Balance	Fitness Condition	Zumba		
12:00	12:30	PISCINA							Aqua-Espalda
12:00	12:45	2 CYCLING						Cycling	Cycling
12:00	12:55	1						Body Combat	
12:30	13:00	CROSS-MET		CROSS-MET 30'		CROSS-MET 30'			CROSS-MET 30'
12:30	13:25	1	Aero Latino	Yoga	Body Pump	Yoga	Body Combat		
13:00	13:15	CROSS-MET						Abdominales	Abdominales
13:00	13:55	1							Body Pump
13:30	14:00	PISCINA		Aquaboard		Aquaboard			
13:30	14:25	1	Body-Balance		Espalda Sana		Aero Latino		
14:00	14:15	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
14:15	15:00	2 CYCLING		Cycling		Cycling			
14:30	15:00	CROSS-MET			CROSS-MET 30'				
14:30	15:00	OPEN	SUSPENSION TRAINING 30'						
14:30	15:25	1		Body Pump		Zumba	Body Pump		
15:30	16:15	2 CYCLING	Cycling		Cycling		Cycling		
15:30	16:25	1	Pilates Strong	Zumba	GAP	Pilates Stretch	Yoga		
16:30	17:25	1	Yoga		Yoga				
17:00	17:15	OPEN		HIPOPRESIVOS		HIPOPRESIVOS		HIPOPRESIVOS	
17:00	17:55	1		Espalda Sana		Fitness Condition	GAP		
17:30	18:15	2 CYCLING		Cycling Virtual		Cycling Virtual			
17:45	18:00	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
18:00	18:30	PISCINA	Aqua-Espalda		Aqua-Espalda				
18:00	18:45	CROSS-MET		HBX BOXING					
18:00	18:55	1	Body Combat	GAP	Pilates Strong	Body Pump	Zumba	Body-Balance	Pilates Stretch
18:15	19:00	2 CYCLING	Cycling		Cycling				
18:30	19:00	CROSS-MET			CROSS-HIIT 30		CROSS-MET 30'		
18:30	19:00	PISCINA				AQUAGYM			
18:30	19:15	2 CYCLING		Cycling					
18:30	20:15	2 CYCLING				Cycling			
19:00	19:30	PISCINA	Aquaboard	Aquaboard					
19:00	19:45	CROSS-MET		CROSS-MET 45'	HBX BOXING	CROSS-MET 45'			
19:00	19:45	CROSS-MET EXT	SUSPENSION TRAINING 45'		SUSPENSION TRAINING 45'				
19:00	19:45	PISCINA				Swimming Club			
19:00	19:55	1	Body Pump	Pilates Stretch	Zumba	Espalda Sana	Body-Balance		
19:15	19:45	CROSS-MET	CROSS-HIIT 30						CROSS-MET 30'
19:15	19:45	OPEN						SUSPENSION TRAINING 30'	
19:15	20:00	2 CYCLING	Cycling		Cycling		Cycling	Cycling	Cycling
19:30	20:00	PISCINA			AQUAGYM				
19:30	20:15	2 CYCLING		Cycling					
20:00	20:30	PISCINA		AQUAGYM					
20:00	20:45	CROSS-MET	CROSS-MET 45'		CROSS-MET 45'	HBX BOXING			
20:00	20:45	CROSS-MET EXT		SUSPENSION TRAINING 45'					
20:00	20:45	PISCINA	Swimming Club						
20:00	20:55	EXTERIOR		Running Club		Running Club			
20:00	20:55	1	Yoga	Body Combat	GAP	Body Combat	Body Pump		
20:15	20:30	CROSS-MET		Abdominales					
20:15	20:30	OPEN	Abdominales		Abdominales	Abdominales	Abdominales	Abdominales	Abdominales
20:15	21:00	2 CYCLING	Cycling						
20:30	21:15	2 CYCLING		Cycling		Cycling			
21:00	21:15	CROSS-MET	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
21:00	21:15	OPEN		MIO-STRETCH		MIO-STRETCH			
21:00	21:45	2 CYCLING			Cycling				
21:00	21:55	1	Zumba	Body-Balance		Pilates Strong			

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>