

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes
07:30	08:15	CROSS-HIIT	CROSS-HIIT PRESENTACIÓN
08:15	08:30	CROSS-HIIT	Abdominales
09:15	10:00	2 CYCLING	Cycling Virtual
09:30	10:15	CROSS-HIIT	HBX BOXING
09:30	10:25	1	Body Pump
10:00	10:30	PISCINA	AQUAGYM
10:15	11:00	2 CYCLING	Cycling
10:30	10:45	CROSS-MET	Abdominales
10:30	11:25	1	Fitness Condition
10:30	11:25	CROSS-HIIT	Yoga Flow
11:15	12:00	2 CYCLING	Cycling Virtual
11:30	12:00	PISCINA	AQUAGYM
11:30	12:25	1	Pilates Stretch
12:30	13:25	1	Aero Latino
13:30	14:25	1	Body-Balance
14:00	14:15	CROSS-HIIT	Abdominales
14:15	15:00	2 CYCLING	Cycling Virtual
14:30	15:00	CROSS-MET EXT	SUSPENSION TRAINING 30'
15:30	16:15	2 CYCLING	Cycling
15:30	16:25	1	Pilates Strong
16:30	17:25	1	Yoga
17:00	17:15	CROSS-HIIT	HIPOPRESIVOS
17:30	18:15	2 CYCLING	Cycling Virtual
17:45	18:00	CROSS-HIIT	Abdominales
18:00	18:30	PISCINA	AQUAGYM
18:00	18:45	CROSS-HIIT	CROSSHIIT-LOWER BODY
18:00	18:55	1	Body Combat
18:30	19:15	2 CYCLING	Cycling
19:00	19:30	PISCINA	Aquaboard
19:00	19:45	CROSS-MET	CROSS-MET 45'
19:00	19:45	CROSS-MET EXT	SUSPENSION TRAINING 45'
19:00	19:55	EXTERIOR	Running Club
19:00	19:55	1	Body Pump
19:30	20:15	2 CYCLING	Cycling
20:00	20:45	CROSS-HIIT	HBX BOXING
20:00	20:55	1	Yoga
20:15	20:30	CROSS-MET	Abdominales
20:30	21:15	PISCINA	Swimming Club
20:30	21:15	2 CYCLING	Cycling
21:00	21:55	1	Zumba

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>