

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

Acuáticas

Alto gasto calórico

Body-Mind

Cardiovascular

Coreografiadas

Outdoor

Tonificación Muscular

Puede consultar los horarios en la web o en la app de Metropolitán.

<https://clubmetropolitán.com>