

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Jueves
07:15	08:00	2 CYCLING	Cycling Virtual
07:30	08:00	CROSS-HIIT	SUSPENSION TRAINING 30'
08:15	08:30	CROSS-HIIT	Abdominales
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-HIIT	HYPER STRETCH
10:30	11:25	1	Body-Balance
11:30	11:45	CROSS-HIIT	HIOPRESIVOS
11:30	12:15	PISCINA	Aqua-Espalda
11:30	12:25	1	Fitness Condition
12:30	13:00	CROSS-MET	CROSS-MET 30'
12:30	13:25	1	Yoga
14:00	14:15	CROSS-HIIT	Abdominales
14:15	15:00	2 CYCLING	Cycling
15:30	16:25	1	Pilates Stretch
17:00	17:55	1	Espalda Sana
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	HBX BOXING
18:00	18:55	1	Body Pump
18:30	19:15	2 CYCLING	Cycling
19:00	19:45	CROSS-MET EXT	SUSPENSION TRAINING 45'
19:00	19:45	CROSS-HIIT	CROSSHIIT-UPPERBODY
19:00	19:55	1	Pilates Stretch
19:30	20:15	2 CYCLING	Cycling
20:00	20:45	CROSS-MET	CROSS-MET 45'
20:00	20:55	EXTERIOR	Running Club
20:00	20:55	1	Body Combat
20:15	20:30	CROSS-HIIT	Abdominales

■ 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>