

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala          | Martes                  |
|--------|-------|---------------|-------------------------|
| 07:15  | 08:00 | 2 CYCLING     | Cycling Virtual         |
| 07:30  | 08:25 | 1             | Body Pump               |
| 08:15  | 08:30 | CROSS-HIIT    | Abdominales             |
| 09:15  | 10:00 | 2 CYCLING     | Cycling                 |
| 10:00  | 10:30 | PISCINA       | AQUAGYM                 |
| 10:15  | 11:00 | CROSS-MET EXT | SUSPENSION TRAINING 45' |
| 10:30  | 10:45 | CROSS-MET     | Abdominales             |
| 10:30  | 11:25 | 1             | Espalda Sana            |
| 11:15  | 12:00 | 2 CYCLING     | Cycling Virtual         |
| 11:30  | 11:45 | CROSS-HIIT    | HIPOPRESIVOS            |
| 11:30  | 12:00 | PISCINA       | AQUAGYM                 |
| 11:30  | 12:25 | 1             | Fitness Condition       |
| 12:30  | 13:00 | CROSS-MET     | CROSS-MET 30'           |
| 14:00  | 14:15 | CROSS-HIIT    | Abdominales             |
| 14:15  | 15:00 | 2 CYCLING     | Cycling Virtual         |
| 14:30  | 15:25 | 1             | Body Pump               |
| 15:30  | 16:15 | CROSS-HIIT    | HBX BOXING              |
| 15:30  | 16:25 | 1             | Zumba                   |
| 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  | 18:55 | 1             | Fitness Condition       |
| 18:30  | 19:15 | 2 CYCLING     | Cycling                 |
| 19:00  | 19:30 | PISCINA       | Aquaboard               |
| 19:00  | 19:45 | CROSS-MET EXT | SUSPENSION TRAINING 45' |
| 19:00  | 19:45 | CROSS-HIIT    | CROSSHIIT-LOWER BODY    |
| 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 | 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 Metropolitán. <https://clubmetropolitán.com>