



FABIAN RONCERO

PROGRAMA ACTIVIDADES DIRIGIDAS 2023/24

Desde el 5 de febrero 2024

INICIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	CICLO INDOOR VIRT. Studio 2 B. BALANCE VIRTUAL Studio 1	B.PUMP VIRTUAL Studio 1 CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2 B. BALANCE VIRTUAL Studio 1	B.PUMP VIRTUAL Studio 1 CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2 B. COMBAT VIRTUAL Studio 1		
8:30		A. F. NADADOR Piscina		A. F. NADADOR Piscina			
9:00		G.S. MAYORES Studio 1		G.S. MAYORES Studio 1			
9:30	B. COMBAT VIRT. 30' Studio 1		B. COMBAT VIRT. 30' Studio 1		B. COMBAT VIRT. 30' Studio 1	CICLO INDOOR Studio 2	
10:00	BODYBALANCE Studio 1	BODYPUMP Studio 1	BODYBALANCE Studio 1	BODYPUMP Studio 1	PILATES Studio 1		CICLO INDOOR Studio 2
10:30	CICLO INDOOR VIRT. Studio 2		CICLO INDOOR VIRT. Studio 2		CICLO INDOOR VIRT. Studio 2	BODYBALANCE Studio 1	
11:00	BODYPUMP Studio 1	ZUMBA Studio 1	BODYPUMP Studio 1	ZUMBA Studio 1	CIRCUIT TRAINNING Studio 1		PILATES Studio 1
11:30		CICLO INDOOR Studio 2		CICLO INDOOR Studio 2		ZUMBA Studio 1	
12:00	PILATES Studio 1	B. BALANCE VIRTUAL Studio 1	PILATES Studio 1	PILATES Studio 1	B. BALANCE VIRTUAL Studio 1		BODYPUMP Studio 1
12:30						BODYPUMP Studio 1 CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2
13:00	B. BALANCE VIRTUAL Studio 1	B.PUMP VIRTUAL Studio 1	B. BALANCE VIRTUAL Studio 1	B. COMBAT VIRTUAL Studio 1			
14:30		B. COMBAT VIRTUAL Studio 1		B.PUMP VIRTUAL Studio 1			
15:30	CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2		
16:30		CICLO INDOOR VIRT. Studio 2		CICLO INDOOR VIRT. Studio 2			
17:00	B.PUMP VIRTUAL Studio 1	B. COMBAT VIRTUAL Studio 1	B.PUMP VIRTUAL Studio 1	B. COMBAT VIRTUAL Studio 1	CICLO INDOOR VIRT. Studio 2	B. BALANCE VIRTUAL Studio 1	
17:30	CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2	CICLO INDOOR VIRT. Studio 2			
18:00	BODYCOMBAT Studio 1	PILATES Studio 1	BODYPUMP Studio 1	PILATES Studio 1	PILATES Studio 1	B. COMBAT VIRTUAL Studio 1	
18:30		CICLO INDOOR Studio 2		CICLO INDOOR Studio 2	CICLO INDOOR VIRT. Studio 2		
19:00	BODYPUMP Studio 1 A. F. NADADOR Piscina AQUAGYM Piscina	ZUMBA Studio 1 AQUAGYM Piscina	BODYCOMBAT Studio 1 A. F. NADADOR Piscina AQUAGYM Piscina	ZUMBA Studio 1 AQUAGYM Piscina	BODYPUMP Studio 1 AQUAGYM Piscina		
19:30	CICLO INDOOR Studio 2	CICLO INDOOR Studio 2	CICLO INDOOR Studio 2	CICLO INDOOR Studio 2			
20:00	BODYBALANCE Studio 1 CROSSTRAINING Cross	GAP Studio 1 CROSSTRAINING Cross	BODYBALANCE Studio 1 CROSSTRAINING Cross	GAP Studio 1 CROSSTRAINING Cross	B. COMBAT VIRTUAL Studio 1		
20:30	CICLO INDOOR Studio 2 AQUAGYM Piscina	A. F. NADADOR Piscina	CICLO INDOOR Studio 2 AQUAGYM Piscina	A. F. NADADOR Piscina			
21:00	ZUMBA Studio 1	BODYPUMP Studio 1	CIRCUIT TRAINNING Studio 1	BODYCOMBAT Studio 1			
21:15	A. F. NADADOR Piscina		A. F. NADADOR Piscina				



DESCARGATE EL HORARIO

CLASES: Podran sufrir variaciones por cuestiones organizativas