

GARDEN - CORSI AQUAGYM - INVERNO

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
8:00 - 8:45 AQUATABATA	8:30 - 9:15 AQUAGYM	8:15 - 9:15 ADD + BIKE E JUMPER		8:30 - 9:15 BIKE E TREAD	
9:35 - 10:20 BIKE E TREAD	9:15 - 10:00 BIKE E TREAD	9:15 - 10:00 AQUAGYM	9:35 - 10:20 AQUAGYM	9:15 - 10:00 AQUAGYM	
			10:20 - 11:05 BIKE E TREAD		10:00 - 10:45 AQUAMIX
					10:45 - 11:30 BIKE E TREAD
13:00 - 14:00 ADD + BIKE E TREAD	13:00 - 14:00 AQUASTEP			13:00 - 13:45 AQUAGYM	
16:00 - 16:45 AQUAGYM	16:00 - 16:45 AQUAGYM	16:00 - 16:45 ADD + AQUAJUMPER	16:00 - 16:45 AQUAGYM	16:00 - 16:45 AQUAGYM	16:00 - 16:45 AQUAGYM
16:45 - 17:30 BIKE E TREAD	16:45 - 17:30 AQUAJUMPER		16:45 - 17:30 BIKE E TREAD	16:45 - 17:30 AQUAGYM	
17:30 - 18:15 AQUAGYM	17:30 - 18:15 BIKE		17:30 - 18:15 AQUAGYM	17:30 - 18:15 BIKE E TREAD	
18:15 - 19:00 AQUAGYM	18:15 - 19:00 AQUAGYM	18:15 - 19:00 AQUAGYM	18:15 - 19:00 BIKE E TREAD	18:15 - 19:00 AQUAGYM	
19:00 - 19:45 AQUATONUS	19:00 - 19:45 AQUATRaining	19:00 - 19:45 BIKE	19:00 - 19:45 AQUAGYM	19:00 - 19:45 AQUAJUMPER	
20:00 - 20:45 BIKE	20:00 - 20:45 AQUACROSS		19:45 - 20:30 BIKE E TREAD		