

* Gli orari, la durata e le sedi delle lezioni possono subire variazioni a discrezione della direzione ed eventuali DPCM.

GARDEN - CORSI ACQUA - 26/09/2022

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