

CORSI ACQUA DAL 30 SETTEMBRE 2024					
LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:45 - 08:30 AQUAGYM STRONG	7:30 - 8:30 PT IN ACQUA EVOLNESS	07:45 - 08:30 AQUAGYM STRONG	7:30 - 8:30 PT IN ACQUA EVOLNESS	7:30 - 8:30 PT IN ACQUA EVOLNESS	7:30 - 8:30 PT IN ACQUA EVOLNESS
08:30 - 09:15 AQUAGYM	08:30 - 09:15 BIKE E TREAD a prenotazione	08:30 - 09:15 AQUAGYM	08:30 - 09:15 BIKE E TREAD a prenotazione	08:30 - 09:15 AQUAGYM	08:30 - 09:15 AQUAGYM
9:15 - 10:00 EVOLNESS	09:15 - 10:00 AQUAGYM	9:15 - 10:00 EVOLNESS	09:15 - 10:00 AQUAGYM	09:15 - 10:00 EVOLNESS	09:15 - 10:00 AQUAGYM
10:00 - 10:45 BIKE E TREAD a prenotazione		10:00 - 10:45 BIKE E TREAD a prenotazione		10:00 - 10:45 BIKE E TREAD a prenotazione	
		10:00 - 10:45 10:45 - 11:30 CORSO GESTANTI			
10:45 - 13:00 PT IN ACQUA EVOLNESS	10:00 - 13:00 PT IN ACQUA EVOLNESS	10:45 - 13:00 PT IN ACQUA EVOLNESS	10:00 - 13:00 PT IN ACQUA EVOLNESS	10:45 - 13:00 PT IN ACQUA EVOLNESS	10:00 - 12:00 PT IN ACQUA EVOLNESS
13:00 - 13:45 BIKE E TREAD a prenotazione	13:00 - 13:45 AQUAGYM	13:00 - 13:45 ADD + BIKE E TREAD a prenotazione	13:00 - 13:45 AQUAGYM	13:00 - 13:45 BIKE E TREAD a prenotazione	
13:45 - 16:00 PT IN ACQUA EVOLNESS	13:45 - 16:00 PT IN ACQUA EVOLNESS	13:45 - 16:00 PT IN ACQUA EVOLNESS	13:45 - 16:00 PT IN ACQUA EVOLNESS	13:45 - 16:00 PT IN ACQUA EVOLNESS	
14:00 - 14:45 14:45 - 15:30 CORSO GESTANTI				14:00 - 14:45 14:45 - 15:30 CORSO GESTANTI	
16:00 - 16:45 BIKE E TREAD	16:00 - 16:45 AQUAGYM	16:00 - 16:45 BIKE E TREAD	16:00 - 16:45 AQUAGYM	16:00 - 16:45 BIKE E TREAD	16:00 - 16:45 AQUAGYM
16:45 - 17:30 AQUAGYM	16:45 - 17:30 AQUAGYM	16:45 - 17:30 AQUAGYM	16:45 - 17:30 AQUAGYM	16:45 - 17:30 AQUAGYM	16:45 - 17:30 AQUAGYM
17:30 - 18:15 AQUASTEP	17:30 - 18:15 AQUAGYM	17:30 - 18:15 AQUAGYM	17:30 - 18:15 AQUASTEP	17:30 - 18:15 AQUAGYM	
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 BIKE E TREAD	19:00 - 19:45 AQUASTEP	19:00 - 19:45 AQUAJUMPER	19:00 - 19:45 AQUACROSS	
20:00 - 20:45 AQUAGYM	20:00 - 20:45 AQUACROSS	19:00 - 19:45 EVOLNESS	19:45 - 20:30 BIKE E TREAD		