

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
11.00 - 11.45	ACQUAGYM SIMONA ●	ACQUAGYM ANTONELLA ●	ACQUAGYM ANTONELLA ●	ACQUAGYM KATHERINE ●	ACQUAGYM VALENTINA ●	ACQUAGYM NOEMI ● ●	JOLLY CLASS
12.30 - 13.15		ACQUAGYM O STEP KATHERINE ● ●		HYDROBIKE KATHERINE ● ●			
13.00 - 13.45	HYDROBIKE SIMONA ● ●		ACQUAGYM VALENTINA ● ●		ACQUAGYM O STEP VALENTINA ● ●	HYDROBIKE NOEMI ● ● ●	
13.00 - 14.00					SWIM TRAINING STEFANO ●		
13.15 - 14.00		SWIM TRAINING STEFANO ●					
19.00 - 19.45	HIIT NOEMI ● ● ●	DONUTS SPONGE POWER NOEMI ● ● ●		ACQUAKICKBOXING NOEMI ● ● ●	POWER LEGS NOEMI ● ● ●		
19.30 - 20.30	SWIM TRAINING GIULIA ●	SWIM TRAINING STEFANO ●		SWIM TRAINING STEFANO ●	SWIM TRAINING GIULIA ●		



COLORI

- FUN ●
- ALLENANTE ●
- INTENSO ●

