

PROGRAMMA FITNESS 25-26											
LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
07:00 08:00	PALESTRA IN ACQUA	07:00 08:00	PALESTRA IN ACQUA	07:00 08:00	PALESTRA IN ACQUA	07:00 08:00	PALESTRA IN ACQUA	07:00 08:00	PALESTRA IN ACQUA	07:00 08:00	PALESTRA IN ACQUA
08:00 08:50	AQUAWALK	08:30 09:20	AQUAPOSTURALE	08:00 08:50	PALESTRA FUNZIONALE ACQUATICA	08:00 08:50	AQUAWALK	08:30 09:20	AQUAPOSTURALE	08:30 09:20	WATER TREKKING AQUA BIKE
09:00 09:50	WATER TREKKING AQUA BIKE	08:30 09:20	WATER TREKKING AQUA BIKE	08:30 09:20	AQUACROSSFIT	09:00 09:50	WATER TREKKING AQUA BIKE	08:30 09:20	WATER TREKKING AQUA BIKE	09:30 10:20	WATER TREKKING AQUA BIKE
09:00 09:50	AQUAPOSTURALE	09:30 10:20	AQUAPOSTURALE	09:00 09:50	AQUAPOSTURALE	09:00 09:50	AQUAPOSTURALE	09:30 10:20	AQUAPOSTURALE		
10:00 11:45	PALESTRA IN ACQUA	09:30 10:20	AQUACROSSFIT	09:30 10:20	AQUAFITNESS	10:00 11:45	PALESTRA IN ACQUA	09:30 10:20	AQUACROSSFIT		
10:30 12:00	GESTANTI	10:30 13:00	PALESTRA IN ACQUA	10:00 10:50	PALESTRA FUNZIONALE ACQUATICA	10:30 12:00	GESTANTI	10:30 13:00	PALESTRA IN ACQUA		
12:00 12:50	AQUAGYM	12:10 13:00	AQUAPOSTURALE			12:00 12:50	AQUAGYM	12:10 13:00	AQUAPOSTURALE		
13:00 13:50	AQUACROSSFIT	13:00 13:50	WATER TREKKING AQUA BIKE	13:30 14:20	AQUAFITNESS	13:00 13:50	AQUACROSSFIT	13:30 14:20	WATER TREKKING AQUA BIKE	13:15 14:05	AQUAFITNESS
14:00 14:50	AQUACROSSFIT	14:00 14:50	WATER TREKKING AQUA BIKE			14:00 14:50	AQUACROSSFIT			14:10 15:00	AQUAFITNESS
19:30 20:20	WATER TREKKING AQUA BIKE	19:30 20:20	AQUACROSSFIT	19:40 20:30	AQUAGYM	19:30 20:20	WATER TREKKING AQUA BIKE	19:30 20:20	AQUACROSSFIT		
20:30 21:20	WATER TREKKING AQUA BIKE					20:30 21:20	WATER TREKKING AQUA BIKE				

ISTRUTTORI	
	MAZZANTI ALESSANDRA
	VOLPI PAOLA
	FARNETTI EDOARDO
	LI GOBBI ASTRID
	ATTIVITÀ LIBERA