PROGRAMMA FITNESS 2024/2025

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	AQUAFITNESS	08:30 09:20	AQUAPOSTURALE	08:00 08:50	AQUAPOSTURALE	08:00 08:50	AQUAFITNESS	08:30 09:20	AQUAPOSTURALE	08:30 09:20	WATER TREKKING AQUA BIKE
08:00 08:50	AQUAWALK	08:30 09:20	WATER TREKKING AQUA BIKE	08:30 09:20	AQUACROSSFIT	08:00 08:50	AQUAWALK	08:30 09:20	WATER TREKKING AQUA BIKE	08:30 09:20	WATER TREKKING AQUA BIKE
09:00 09:50	WATER TREKKING AQUA BIKE	09:30 10:20	AQUACROSSFIT	09:30 10:30	GESTANTI	09:00 09:50	WATER TREKKING AQUA BIKE	09:30 10:20	AQUAPOSTURALE		
09:00 09:50	AQUAPOSTURALE	09:30 10:20		09:30 10:20		09:00 09:50	AQUAPOSTURALE	09:30 10:20	AQUACROSSFIT		
10:00 11:45	PALESTRA IN ACQUA	10:30 13:00		10:30 13:00		10:00 11:45	PALESTRA IN ACQUA	10:30 13:00	PALESTRA IN ACQUA		
10:30 12:00	GESTANTI	12:10 13:00				10:30 12:00	GESTANTI	12:10 13:00	AQUAPOSTURALE		
12:00 12:50	AQUAGYM					12:00 12:50	AQUAGYM				
13:00 13:50	AQUACROSSFIT	13:00 13:50	WATER TREKKING AQUA BIKE	13:30 14:20	AQUAGYM	13:00 13:50	AQUACROSSFIT	13:00 13:50	WATER TREKKING AQUA BIKE	13:30 14:20	AQUAGYM
14:00 14:50	AQUACROSSFIT	14:00 14:50	WATER TREKKING AQUA BIKE			14:00 14:50	AQUACROSSFIT	14:00 14:50	WATER TREKKING AQUA BIKE		
19:30 20:20	WATER TREKKING AQUA BIKE	19:30 20:20	AQUACROSSFIT	19:30 20:20	AQUAGYM	19:30 20:20	WATER TREKKING AQUA BIKE	19:30 20:20	AQUACROSSFIT		
20:25 21:15	WATER TREKKING AQUA BIKE	20:30 21:20	AQUAGYM	20:25 21:15	AQUACROSSFIT	20:25 21:15	WATER TREKKING AQUA BIKE	20:30 21:20	AQUAGYM		