

CORSI INVERNALI dal 26/09/2024								
LUNEDI'		MARTEDI'		GIOVEDI'		VENERDI'		
PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	
08:00 - 08:45	ACQUA GYM Sofia		ACQUA GYM Sofia		ACQUA GYM Sofia			
08:45 - 09:30	ACQUA GYM Sofia		ACQUA GYM Sofia	POSTURAL 8:15 Arianna	ACQUA GYM Sofia			POSTURAL 8:15 Arianna
09:30 - 10:15	ACQUA WELLNESS Sofia		ACQUA WELLNESS Sofia	POSTURAL 9:15 Arianna	ACQUA WELLNESS Sofia		ACQUA WELLNESS Arianna	
10:15 - 11:00	ACQUA WELLNESS Sofia				ACQUA WELLNESS Sofia		ACQUA FUNZIONALE Arianna	
11:00 - 11:45	ACQUA WELLNESS Elisa							POSTURAL 11:15 Arianna
11:45 - 12:30	ACQUA GYM Elisa				ACQUA GYM Elisa			
12:30 - 13:15	ACQUA GYM Elisa		ACQUA CIRCUIT Elisa		ACQUA GYM Elisa		ACQUA MAMMA	
13:15 - 14:00	ACQUA GYM Elisa							
16:30 - 17:30		POSTURAL 16:30 Arianna						
17:30 - 18:30		POSTURAL 17:30 Arianna						
18:30 - 19:15	ACQUA GYM Arianna	FIT TRAINING 18:30 Elisa			ACQUA GYM Elisa	POSTURAL 18:00 Arianna	ACQUA CIRCUIT Elisa	
19:15 - 20:00	ACQUA GYM Arianna				ACQUA GYM Elisa	POSTURAL 19:00 Arianna	ACQUA CIRCUIT Elisa	
20:00 - 20:45	ACQUA GYM Arianna				ACQUA GYM Elisa	POSTURAL 20:00 Arianna		