

ORA	LUNEDI'	ORA	MARTEDI'	ORA	MERCOLEDI'	ORA	GIOVEDI'	ORA	VENERDI'	ORA	SABATO	ORA	DOMENICA
8,00 8,45	BIKE	8,00 8,45	STEP	8,00 8,45	ACQUA BASSA	8,00 8,45	ACQUA BASSA	8,00 8,45	TAPIS	8,00 8,45	TAPIS		
9:00 9:45	ACQUAGYM	9:00 9:45	ACQUAGYM	9:00 9:45	ACQUAGYM	9:00 9:45	ACQUAGYM	9:00 9:45	ACQUAGYM	9:00 9:30	G.A.G.		
9:45 10:30	ACQUABENESSERE	9:45 10:30	ACQUABENESSERE	9:45 10:30	ACQUABENESSERE	9:45 10:30	ACQUABENESSERE	9:45 10:30	ACQUABENESSERE	9,30 10,00	WORK UP		
10:30 11:15	ACQUAGYM	10:30 11:15	ACQUAGYM	10:30 11:15	ACQUAGYM	10:30 11:15	ACQUAGYM	10:30 11:15	ACQUAGYM	10:00 10,30	360° CIRCUIT	10,00 10,45	ACQUAGYM
										10,30 11,00	TABATA	11,00 11,45	ACQUA BASSA
										11,00 11,30	TONIC		
12:30 13:00	ENERGY	12:15 13:00	TAPIS	12:30 13:00	CARDIO	12:15 13:00	BIKE	12:30 13:00	TABATA	12:15 13:00	TAPIS		
13:00 13:30	360° CIRCUIT	13:00 13:45	ACQUAGYM	13:00 13:30	G.A.G.	13:00 13:45	ACQUAGYM	13:00 13:30	TONIC	13:00 14:00	ACQUAGYM		
13:30 14:00	WORK UP	13:45 14:30	ACQUAGYM	13:30 14:00	TABATA	13:45 14:30	ACQUAGYM	13:30 14:00	ENERGY				
14:00 14:45	BIKE	14:30 15:15	ACQUA BASSA	14:00 14:45	TAPIS	14:30 15:15	TAPIS	14:00 14:45	TAPIS				
14,45 15,30	TAPIS			14,45 15,30	ACQUA BASSA			14,45 15,30	BIKE				
16:30 17:00	GAG			16:30 17:00	COMBACT			16:30 17:00	360° CIRCUIT				
17:00 17:30	TABATA			17:00 17:30	ENERGY			17:00 17:30	WORK UP				
17:30 18:00	WORK UP			17:30 18:00	TABATA			17:30 18:00	GAG				
18:00 18:30	ENERGY	18,00 18,30	TABATA	18:00 18:30	360 CIRCUIT	18,00 18,30	G.A.G.	18:00 18:30	CARDIO				
18:30 19:15	ACQUAGYM	18,30 19,00	WORK UP	18:30 19:15	ACQUAGYM	18,45 19,00	ENERGY	18:30 19:15	ACQUAGYM				
19,15 20,00	TAPIS	19,00 19,45	ACQUAGYM	19,15 20,00	ACQUA BASSA	19,00 19,45	ACQUAGYM	19,15 20,00	BIKE				
		19,45 20,30	BIKE			19,45 20,30	TAPIS						



Lezioni in  
**ACQUA BASSA**

Lezioni in  
**ACQUA ALTA** **30 min**

Lezioni in  
**ACQUA ALTA** **45 min**