

ORA	LUNEDI'	ORA	MARTEDI'	ORA	MERCOLEDI'	ORA	GIOVEDI'	ORA	VENERDI'	ORA	SABATO
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	AQUAGYM	9:00 9:45	AQUAGYM	9:00 9:45	AQUAGYM	9:00 9:45	AQUAGYM	9:00 9:45	AQUAGYM	9:00 9:30	GAG
9:45 10:30	AQUABENESSERE	9:45 10:30	AQUABENESSERE	9:45 10:30	AQUABENESSERE	9:45 10:30	AQUABENESSERE	9:45 10:30	AQUABENESSERE	9,30 10,00	WORK UP
10:30 11:15	AQUAGYM	10:30 11:15	AQUAGYM	10:30 11:15	AQUAGYM	10:30 11:15	AQUAGYM	10:30 11:15	AQUAGYM	10:00 10:30	360° CIRCUIT
										10,30 11,00	TABATA
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	11:15 12:00	TAPIS
13:00 13:30	360° CIRCUIT	13:00 13:45	AQUAGYM	13:00 13:30	GAG	13:00 13:45	AQUAGYM	13:00 13:30	WORK UP	12:00 12:45	AQUAGYM
13:30 14:15	AQUAGYM	13:45 14:30	AQUAGYM	13:30 14:15	AQUAGYM	13:45 14:30	AQUAGYM	13:30 14:15	AQUAGYM		
14:30 15:15	TAPIS	14:30 15:15	ACQUA BASSA	14:30 15:15	TAPIS	14:30 15:15	STEP	14:30 15:15	BIKE		
17:00 17:30	GAG			17:00 17:30	ENERGY			17:00 17:30	360 CIRCUIT		
17:30 18:00	WORK UP			17:30 18:00	TABATA			17:30 18:00	CARDIO		
18:00 18:30	ENERGY	18:00 18:30	WORK UP	18:00 18:30	360 CIRCUIT	18:00 18:30	TABATA	18:00 18:30	GAG		
18:30 19:00	TABATA	18:30 19:00	GAG	18:30 19:00	GAG	18:30 19:00	ENERGY	18:30 19:00	WORK UP		
19:00 19:45	TAPIS	19:00 19:45	BIKE	19:00 19:45	TAPIS	19:00 19:45	TAPIS	19:00 19:45	BIKE		

