

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	ACQUA BASSA		
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		
										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	12:00 12,45	ACQUA BASSA		
13:00 13:30	360° CIRCUIT	13:00 13:30	TABATA	13:00 13:30	GAG	13:00 13:30	ENERGY	13:00 13:30	WORK UP	12:45 13:30	AQUAGYM		
13:30 14:00	WORK UP	13:30 14:00	COMBACT	13:30 14:00	TABATA	13:30 14:00	360° CIRCUIT	13:30 14:00	ENERGY				
14:00 14:45	TAPIS	14:00 14:45	BIKE	14:00 14:45	STEP	14:00 14:45	TAPIS	14,00 14:45	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	ACQUAGYM	18:00 18:30	360 CIRCUIT	18:00	ACQUAGYM	18:00 18:30	GAG				
18:30 19:00	TABATA	18,45	ACQUAGYM	18:30 19:00	GAG	18:45	ACQUAGYM	18:30 19:00	WORK UP				
19:00 19:45	TAPIS	18,45 19,30	ACQUAGYM	19:00 19:45	ACQUA BASSA	18,45 19,30	ACQUAGYM	19:00 19:45	BIKE				
		19,30 20,15	BIKE			19,30 20,15	TAPIS						

