

ORARIO AQUAGYM

LUNEDÌ

8.00 8.45	ACQUA BASSA
9.00 9.45	ACQUAGYM
9.45 10.30	AQUABENESSERE
10.30 11.15	ACQUAGYM

MARTEDÌ

8.00 8.45	STEP
9.00 9.45	ACQUAGYM
9.45 10.30	AQUABENESSERE
10.30 11.15	ACQUAGYM

MERCOLEDÌ

8.00 8.45	TAPIS
9.00 9.45	ACQUAGYM
9.45 10.30	AQUABENESSERE
10.30 11.15	ACQUAGYM

GIOVEDÌ

8.00 8.45	ACQUA BASSA
9.00 9.45	ACQUAGYM
9.45 10.30	AQUABENESSERE
10.30 11.15	ACQUAGYM

VENERDÌ

8.00 8.45	BIKE
9.00 9.45	ACQUAGYM
9.45 10.30	AQUABENESSERE
10.30 11.15	ACQUAGYM

SABATO

8.00 8.45	TAPIS
9.00 9.30	GAG
9.30 10.00	WORK UP
10.00 10.30	360 CIRCUIT
10.30 11.00	TABATA

DOMENICA

10.00 10.45	ACQUAGYM
11.00 11.45	ACQUA BASSA

12.30 13.00	ENERGY
13.00 13.30	GAG
13.30 14.00	WORK UP
14.00 14.45	BIKE
14.45 15.30	TAPIS

12.15 13.00	TAPIS
13.00 13.45	ACQUAGYM
13.45 14.30	ACQUAGYM
14.30 15.15	ACQUA BASSA

12.30 13.00	CARDIO
13.00 13.30	CIRCUITO
13.30 14.00	TABATA
14.00 14.45	TAPIS
14.45 15.30	ACQUA BASSA

12.15 13.00	BIKE
13.00 13.45	ACQUAGYM
13.45 14.30	ACQUAGYM
14.30 15.15	TAPIS

12.30 13.00	TABATA
13.00 13.30	TONIC
13.30 14.00	ENERGY
14.00 14.45	TAPIS
14.45 15.30	BIKE

12.15 13.00	TAPIS
13.00 14.00	ACQUAGYM

Acqua bassa

Lezione 45 min acqua alta

Lezione 30 min acqua alta

16.30 17.00	GAG
17.00 17.30	TABATA
17.30 18.00	WORK UP
18.00 18.30	ENERGY
18.30 19.00	COMBACT
19.15 20.00	TAPIS

18.00 18.30	TABATA
18.30 19.00	WORK UP
19.00 19.45	BIKE

16.30 17.00	COMBACT
17.00 17.30	ENERGY
17.30 18.00	TABATA
18.00 18.30	360 CIRCUIT
18.30 19.00	WORK UP
19.15 20.00	TAPIS

18.00 18.30	GAG
18.30 19.00	ENERGY
19.00 19.45	TAPIS

16.30 17.00	360 CIRCUIT
17.00 17.30	WORK UP
17.30 18.00	GAG
18.00 18.30	CARDIO
18.30 19.00	TABATA
19.15 20.00	BIKE