

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	CIRCUITO
10.30 11.00	TABATA

12.30 13.00	ENERGY
13.00 13.30	CIRCUITO
13.45 14.30	BIKE
14.45 15.30	TAPIS

12.15 13.00	TAPIS
13.00 13.30	TABATA
13.30 14.00	WORK UP
14.15 15.00	ACQUA BASSA

12.30 13.00	CARDIO
13.00 13.30	GAG
13.45 14.30	TAPIS
14.45 15.30	STEP

12.15 13.00	BIKE
13.00 13.30	CIRCUITO
13.30 14.00	TABATA
14.15 15.00	TAPIS

12.30 13.00	TABATA
13.00 13.30	WORK UP
13.45 14.30	TAPIS
14.45 15.30	ACQUA BASSA

11.15 12.00	TAPIS
12.00 12.45	ACQUAGYM

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

18.00 18.30	WORK UP
18.30 19.00	GAG
19.00 19.45	BIKE

17.00 17.30	ENERGY
17.30 18.00	TABATA
18.00 18.30	360° CIRCUIT
18.30 19.00	GAG
19.15 20.00	TAPIS

18.00 18.30	TABATA
18.30 19.00	ENERGY
19.00 19.45	TAPIS

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