

Stagione 2026 - 27

ORARIO AQUAGYM

LUNEDÌ

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

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

16.30 17.00	GAG
17.00 17.30	WORK UP
17.30 18.00	CIRCUITO
18.15 19.15	TABATA
19.15 20.00	TAPIS

MARTEDÌ

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

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

18.00 18.30	TABATA
18.30 19.00	ENERGY
19.00 19.45	BIKE

MERCOLEDÌ

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

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

16.30 17.00	ENERGY
17.00 17.30	TABATA
17.30 18.00	WORK UP
18.15 19.15	CIRCUITO
19.15 20.00	TAPIS

GIOVEDÌ

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

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

18.00 18.30	GAG
18.30 19.00	WORK UP
19.00 19.45	BIKE

VENERDÌ

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

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

16.30 17.00	WORK UP
17.00 17.30	GAG
17.30 18.00	CARDIO
18.15 19.15	ENERGY
19.15 20.00	BIKE

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 11.15	ACQUAGYM

12.15 13.00	ACQUAGYM
13.00 13.45	TAPIS

DOMENICA

10.00 10.45	ACQUAGYM
11.00 11.45	ACQUA BASSA