

M A T T I N A	09:00-09:45	LUNEDI'	AQUAGYM	SUSANNA	A PAGAMENTO
	09:45-10:30		AQUAPOSTURAL	SUSANNA	A PAGAMENTO
P R A N Z O	10:30-11:15		MAMMA & BIMBO	SUSANNA	A PAGAMENTO
	12:15-13:00		CIRCUIT TONE	DARIO	MEDIA INTENSITA'
P O M E R I G G I O	15:00-15:45		CIRCUIT TONE	PAOLO	MEDIA INTENSITA'
	16:00-18:15		NUOTO AMBIENTAMENTO	SUSANNA	A PAGAMENTO
S E R A	18:00-18:30		POWER ABS	PAOLO	ALTA INTENSITA'
	18:15-19:00		AQUAGYM	PAOLO	MEDIA INTENSITA'
	18:30-19:00		TRX BASIC	DARIO	MEDIA INTENSITA'
	19:00-19:45		AQUABIKE	SUSANNA	A PAGAMENTO
	19:00-20:00		YOGA FLEX	YLENIA	BASSA INTENSITA'
	19:45-20:30		DEEP FLAP	SUSANNA	A PAGAMENTO
	20:00-21:00		RUNNING TRAINING	PAOLO	A PAGAMENTO

09:00-09:45	MARTEDI'	POSTURAL GYM	PAOLO	BASSA INTENSITA'
09:45-10:30		PILATES	KATE	BASSA INTENSITA'
12:15-13:00		SCHWINNING	PAOLO	ALTA INTENSITA'
18:30 - 19:15		STEP & TONE	YLENIA	MEDIA INTENSITA'
19:15 - 20:00		ZUMBA POWER TONE	YLENIA	ALTA INTENSITA'

07:30-10:30	MERCOLEDI'	AQUATHERAPY	FISIOTERAPIA	A PAGAMENTO
09:45-10:30		BODY TONE	KATE	MEDIA INTENSITA'
12:15-13:00		PILATES	KATE	BASSA INTENSITA'
15:00-15:45		AQUAGYM	PAOLO	MEDIA INTENSITA'
16:00-18:30		NUOTO AMBIENTAMENTO	SUSANNA	A PAGAMENTO
18:00-18:30		TABATA LEGS	PAOLO	ALTA INTENSITA'
18:30-19:15		FUNCTIONAL TRAINING CIRCUIT	LUCY	ALTA INTENSITA'
18:30-19:15		AQUABIKE CIRCUIT	SUSANNA	A PAGAMENTO
19:15-20:00		DEEP WATER	SUSANNA	A PAGAMENTO
19:15-20:00		YOGA FLEX	LUCY	MEDIA INTENSITA'
20:00-20:45		NUOTO ADULTI	SUSANNA	A PAGAMENTO
20:00-21:00		RUNNING TRAINING	PAOLO	A PAGAMENTO

09:45-10:30	GIOVEDI'	AQUAFITNESS	PAOLO	MEDIA INTENSITA'
12:15-13:00		TABATA CIRCUIT	PAOLO	ALTA INTENSITA'
16:00-19:00		NUOTO AMBIENTAMENTO	SUSANNA	A PAGAMENTO
18:30-19:00		FIT CROSS	DARIO	ALTA INTENSITA'
19:00-19:45		MAMMA & BIMBO	SUSANNA	A PAGAMENTO
19:15-20:00		TRX ADVANCE	DARIO	ALTA INTENSITA'
19:45-20:30		AQUAGYM	SUSANNA	A PAGAMENTO
20:00-21:00		SCHWINNING	PAOLO	ALTA INTENSITA'

07:30-10:30	VENERDI'	AQUATHERAPY	FISIOTERAPIA	A PAGAMENTO
09:45-10:30		GINNASTICA ADULTI	PAOLO	A PAGAMENTO
12:15-13:00		AQUABIKE CIRCUIT	PAOLO	ALTA INTENSITA'
18:45-19:30		SUPER TONE	LUCY	ALTA INTENSITA'
19:30-20:00		STRETCH & FLEX	LUCY	BASSA INTENSITA'

ORARIO SPAZI LIBERI PISCINA		
LUNEDI'	0:00/09:00 19:45/0:00	11:15/16:00
MARTEDI'	0:00/24:00	
MERCOLEDI'	0:00/07:30 20:00/0:00	10:30/15:00
GIOVEDI'	0:00/09:45 20:30/0:00	10:30/16:00
VENERDI'	0:00/07:30 13:00/0:00	10:30/12:15
SABATO	0:00/09:15	11:15/0:00
DOMENICA	0:00/24:00	