Fitness in acqua

	lunedì	martedì	mercoledì	giovedì	venerdì
07:30	HB		HB		
08:30	HB		HB		
09:00		AF - AA		AF - AA	
09:30	AF				
10:10			AF		
13:20					AF - AA
13:30	AF				
13:30		HB	AF - CIRCUIT	HB	
14:15					WOGA
14:30	AF - SOFT	AF - CIRCUIT	HB	AF - CIRCUIT	
17:20		AF		AF	
18:20	AF	AF	AF - CIRCUIT	HB	
18:40					AF - AA
19:20	HB	HB	AF	AF - CIRCUIT	

I corsi si attivano con un minimo di 3 persone

HB	hydrobike
AF	acquafitness
AF - AA	acquafitness in acqua alta
AF - CIRCUIT	acqua circuito
AF - SOFT	acquafitness soft
WOGA	yoga in acqua calda