



PLANNING CORSI FITNESS - PISCINA

dal 13 Settembre 2021

	lunedì	martedì	mercoledì	giovedì	venerdì	sabato	domenica
08.15-9.00	AQUA BIKE Giada	AQUA WALKING Martina	AQUA GYM Giusy	AQUA BIKE Giada	AQUA GYM Martina	---	---
9.15-10.00	AQUA GYM Giada	---	---	AQUA GYM Giada	---	---	---
10.15-11.00	---	AQUA CIRCUIT Martina	AQUA GYM Giusy	---	AQUA CIRCUIT Martina	---	HAPPY OPEN GYM
11.00-11.45	---	---	---	---	---	AQUA GYM Martina	HAPPY OPEN GYM
12.00-12.45	---	---	---	---	---	AQUA X-FIT Martina	---
12.30-13.15	AQUA CIRCUIT Giada	AQUA CIRCUIT Martina	AQUA GYM Giusy	AQUA CIRCUIT Giada	AQUA CIRCUIT Martina	---	---
14.00-14.45	---	AQUA WALKING Martina	---	---	AQUA WALKING Martina	---	---
18.30-19.15	AQUA BIKE Michela	AQUA CIRCUIT Giada	AQUA BIKE Martina	AQUA BIKE Michela	AQUA CIRCUIT Giada	---	---
19.30-20.15	AQUA BIKE Michela	AQUA BIKE Giada	AQUA X-FIT Martina	AQUA GYM Michela	AQUA BIKE Giada	---	---
20.30-21.15	AQUA WALKING Michela	---	AQUA GYM Martina	AQUA WALKING Michela	---	---	---

Corsi ed orari potrebbero variare

I corsi saranno accessibili solo su prenotazione e previa esibizione del Green Pass.