

CORSI FITNESS H₂O ESTIVI 2024

LUNEDI'

12.40-13.25
DEEP GYM

13.30-14.15
HYDROBIKE

14.20-15.05
ACQUAGYM

15.05-15.50
ACQUAGYM

16.00-16.45
HYDROBIKE

16.50-17.35
ACQUAGYM

17.40-18.25
GESTANTI

18.30-19.15
ACQUAGYM

19.20-20.05
HYDROBIKE

SIMONETTA

CRISTINA

YARA

MARTEDI'

9.00-9.45
ACQUADOLCE

13.30-14.15
HYDROBIKE

17.45-18.30
ACQUAGYM

18.30-19.15
HYDROBIKE

ALESSANDRA

MERCOLEDI'

9.00-9.45
ACQUAGYM

16.15-17.00
GESTANTI

17.05-17.50
ACQUAGYM

18.30-19.15
ACQUASTEP

19.20-20.05
HYDROBIKE

LUCA

GIOVEDI'

9.00-9.45
ACQUADOLCE

12.40-13.25
DEEP GYM

13.30-14.15
HYDROBIKE

14.20-15.05
ACQUAGYM

17.40-18.25
GESTANTI

18.30-19.15
ACQUAGYM

19.20-20.05
HYDROBIKE

SOFIA

VENERDI'

9.00-9.45
DEEP GYM

12.40-13.25
ACQUAGYM

17.45-18.30
ACQUAGYM

18.30-19.15
ACQUAZUMBA

SABATO

9.00-9.45
ACQUAZUMBA