

| | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|-------------|------------|------------------------------|------------|---------------------------|---------------------|-----------|
| 09.15-10.00 | ACQUAGYM | ACQUAGYM ARGENTO | | ACQUAGYM | ACQUAGYM ARGENTO | |
| 10.15-11.00 | | AQUAMIX | | | AQUAMIX | |
| 11.00-11.45 | | IDROTERAPIA | | | IDROTERAPIA | HYDROBIKE |
| 13.00-13.45 | AQUAMIX | | AQUAMIX | | | |
| 15.00-15.45 | | FUTURE MAMME | | | | |
| 18.00-18.45 | | | | AQUA JUMP | | |
| 18.15-19.00 | | | | | ACQUAGYM ACQUA ALTA | |
| 18.45-19.30 | TREAD MILL | | TREAD MILL | | | |
| 19.15-20.00 | | LES MILLS aquadynamic | | LES MILLS aquadynamic | | |
| 19.30-20.15 | ACQUAGYM | | ACQUAGYM | | | |
| 20.00-20.45 | | LES MILLS aquabodybike | | LES MILLS aquabodybike | | |
| 20.15-21.00 | | LES MILLS BODYPUMP | | | | |