

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
06.15-07.00		HYDROBIKE			HYDROBIKE	
07.00-07.45	HYDROBIKE			HYDROBIKE		HYDROBIKE
07.45-8.30	TREADMILL	ACQUA BENESSERE	AQUAGYM	HYDROBIKE	ACQUA BENESSERE	ACQUA BENESSERE
08.30-09.15	ACQUA BENESSERE	ACQUA BENESSERE	HYDROBIKE	ACQUA BENESSERE	ACQUA BENESSERE	
08.30-09.15		ACQUAGYM ACQUALTA			ACQUAGYM ACQUALTA	ACQUAGYM ACQUALTA
09.15-10.00	HYDROBIKE	AQUAGYM	AQUABODYBIKE	ACQUAGYM ACQUALTA	AQUAGYM	
10.00-10.45		AQUAGYM	HYDROBIKE		AQUAGYM	
10,45-11,30		HYDROBIKE	ACQUAMIX		FUTURE MAMME	
12.45-13.30	HYDROBIKE	ACQUAGYM	HYDROBIKE	ACQUAGYM	TREADMILL	
13.30-14.15		ACQUAGYM ACQUALTA		ACQUAGYM ACQUALTA		
	ACQUAGYM	ACQUA BENESSERE	ACQUAGYM	ACQUA BENESSERE		
14.15-15.00		ACQUAGYM		AQUAGYM	AQUAMIX	
18.00-18.45		HYDROBIKE	AQUAGYM	AQUAGYM	LES MILLS aquadynamic	
18.45-19.30	AQUAGYM	TREADMILL	AQUAMIX	HYDROBIKE		
19.00-19.45					LES MILLS aquawork	
19.30-20.15	HYDROBIKE	AQUAGYM	HYDROBIKE	AQUAMIX		
20.15-21.00	TREADMILL		TREADMILL	HYDROBIKE		