

CORSI IN PISCINA

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

A.GYM INTENSA
09:15 - 10:00

WALKING CIRCUIT
10:00 - 10:45

A.GYM INTENSA
12:00 - 12:45

A.GYM TOTAL BODY
12:45- 13:30

A.GYM INTENSA
18:45 - 19:30

A.GYM INTENSA
19:30 - 20:15

WALKING
19:30 - 20:15

WALKING
20:15 - 21:00

A.GYM SOFT
09:15 - 10:00

A.GYM TOTAL BODY
18:45 - 19:30

WALKING CIRCUIT
19:30 - 20:15

WALKING CIRCUIT
20:15 - 21:00

A.GYM INTENSA
09:15 - 10:00

WALKING
10:00 - 10:45

A.GYM INTENSA
12:00 - 12:45

A.GYM TOTAL BODY
12:45- 13:30

A.GYM HARD
18:45 - 19:30

A.GYM HARD
19:30 - 20:15

WALKING
19:30 - 20:15

WALKING
20:15 - 21:00

A.GYM SOFT
09:15 - 10:00

WALKING
20:15 - 21:00

WALKING CIRCUIT
20:15 - 21:00

ACQUA GYM
11:30 - 12:15