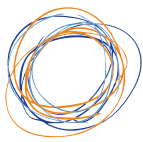


	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:30	<b>NUOTO 3° LIV.</b>		<b>INTERVAL TRAINING</b>	<b>NUOTO 3° LIV.</b>		
		<b>GRIT</b>		<b>RPM</b>		
7:45	<b>FUNCTIONAL STRENGTH</b>		<b>FUNCTIONAL STRENGTH</b>		<b>FUNCTIONAL CONDITIONING</b>	
8:15				<b>ACQUA BIKE</b>		<b>NUOTO 3° LIV.</b>
8:30	<b>NUOTO 2° LIV.</b>			<b>NUOTO 2° LIV.</b>		
9:00	<b>ACQUA BOARD</b>	<b>ACQUA FLUID</b>			<b>ACQUA BOARD</b>	<b>ACQUA BOARD</b>
9:15	<b>BIO BALANCE</b>	<b>FUNCTIONAL CONDITIONING</b>	<b>BODY PUMP</b>	<b>BIO BALANCE</b>		
9:30			<b>ACQUA BOARD</b>		<b>FLEXIBILITY</b>	
9:45						<b>BODY PUMP</b>
10:00						<b>ACQUA FLUID</b>
10:15	<b>TAM</b>	<b>BODY COMBAT</b>	<b>TAM</b>		<b>TAM</b>	
10:30			<b>FLEXIBILITY</b>			
11:00	<b>ACQUA FLUID</b>	<b>ACQUA TREK</b>	<b>ACQUA FLUID</b>		<b>ACQUA FLUID</b>	<b>ACQUA BIKE</b>
						<b>ACROFAMILY</b>
11:15	<b>START</b>	<b>BIO BALANCE</b>	<b>START</b>		<b>START</b>	
11:30				<b>ACQUA FLUID</b>		
12:00						<b>ACQUA JUMP</b>
12:30	<b>FLEXIBILITY</b>					<b>NUOTO 2° LIV.</b>
12:45	<b>ACQUA BIKE</b>	<b>ACQUA JUMP</b>	<b>BIKE TREK</b>		<b>ACQUA JUMP</b>	
13:00		<b>NUOTO 2°/3° LIV.</b>			<b>NUOTO 2°/3° LIV.</b>	<b>INTERVAL TRAINING</b>
13:15	<b>BODY PUMP</b>	<b>RPM</b>	<b>BODY PUMP</b>	<b>BIO BALANCE</b>	<b>RPM</b>	
13:30				<b>ACQUA BIKE</b>		
	<b>FUNCTIONAL CONDITIONING</b>	<b>FUNCTIONAL STRENGTH</b>	<b>FUNCTIONAL CONDITIONING</b>	<b>FUNCTIONAL STRENGTH</b>	<b>FUNCTIONAL CONDITIONING</b>	



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
17:15					<b>BIKE TREK</b>	
17:45			<b>FLEXIBILITY</b>			
18:00	<b>BODY COMBAT</b>	<b>BIO BALANCE</b>	<b>BODY PUMP</b>	<b>RPM</b>	<b>BIO BALANCE</b>	
18:15	<b>ACQUA BIKE</b>	<b>ACQUA FIT</b>	<b>ACQUA TREK</b>	<b>ACQUA BIKE</b>		
18:30					<b>ACQUA COMBACT</b>	
					<b>FUNCTIONAL STRENGTH</b>	
19:00	<b>BODY PUMP</b>	<b>RPM</b>	<b>BODY COMBAT</b>	<b>BODY PUMP</b>	<b>BODY PUMP</b>	
	<b>FUNCTIONAL STRENGTH</b>					
19:15	<b>ACQUA CIRCUIT</b>	<b>ACQUA BIKE</b>	<b>BIKE TREK</b>	<b>ACQUA COMBACT</b>		
			<b>FUNCTIONAL STRENGTH</b>			
19:30	<b>NUOTO 3° LIV.</b>	<b>NUOTO 2°/3° LIV.</b>		<b>NUOTO 3° LIV.</b>	<b>NUOTO 2°/3° LIV.</b>	
				<b>FLEXIBILITY</b>	<b>INTERVAL TRAINING</b>	
	<b>AsTA</b>			<b>AsTA</b>		
20:00	<b>GRIT</b>	<b>FUNCTIONAL STRENGTH</b>			<b>BODY COMBAT</b>	
20:15	<b>ACQUA COMBACT</b>	<b>BIKE TREK</b>	<b>ACQUA BIKE</b>	<b>ACQUA TREK</b>		
			<b>GRIT</b>	<b>FUNCTIONAL CONDITIONING</b>		
20:30	<b>NUOTO 2° LIV.</b>			<b>NUOTO 2° LIV.</b>		

## CENTRO SPORTIVO

<b>LUN - VEN</b>	7:00 / 22:00
<b>SABATO</b>	8:00 / 20:00
<b>DOMENICA</b>	9:00 / 18:00

## BAR & RISTORANTE

<b>LUN - VEN</b>	7:00 / 21:00
<b>SABATO</b>	8:00 / 20:00
<b>DOMENICA</b>	9:00 / 18:00