



ORARI 2020

ACQUA CLUB

NUOTO ADULTI

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
ADVANCED 7:45 -8:30	INTERMEDIATE 7:45 -8:30	ADVANCED 7:45 -8:30	INTERMEDIATE 7:45 -8:30	ADVANCED 7:45 -8:30	
					BEGINNER 8:15 -9:00
					INTERMEDIATE 8:15 -9:00
BEGINNER 8:45 -9:30			BEGINNER 8:45 -9:30		
INTERMEDIATE 13:30 -14:15	BEGINNER 13:30 -14:15	INTERMEDIATE 13:30 -14:15	BEGINNER 13:30 -14:15	INTERMEDIATE 13:30 -14:15	
ADVANCED 13:30 -14:15	INTERMEDIATE 13:30 -14:15	ADVANCED 13:30 -14:15	INTERMEDIATE 13:30 -14:15	ADVANCED 13:30 -14:15	
BEGINNER 19:15 -20:00	BEGINNER 19:15 -20:00	BEGINNER 19:15 -20:00	BEGINNER 19:15 -20:00	BEGINNER 19:15 -20:00	
ADVANCED 19:15 -20:00	ADVANCED 19:15 -20:00	ADVANCED 19:15 -20:00	INTERMEDIATE 19:15 -20:00	INTERMEDIATE 19:15 -20:00	
INTERMEDIATE 20:15 -21:00		INTERMEDIATE 20:15 -21:00	ADVANCED 20:15 -21:00		





ORARI 2020

ACQUA CLUB

FITNESS ADULTI

2/2

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	ACQUA HIT 7:15-8:00		ACQUA HIT 7:15-8:00		
ACQUA FIT 8:30-9:15	ACQUA TREK 8:30-9:15	ACQUA TREK 8:30-9:15	ACQUA FIT 8:30-9:15	ACQUA FLUID 8:30-9:15	ACQUA CIRCUIT 8:15-9:00
					ACQUA JUMP 9:00-9:45
ACQUA FLUID 9:30-10:15	ACQUA FLUID 9:30-10:15	ACQUA FLUID 9:30-10:15	ACQUA CIRCUIT 9:30-10:15	ACQUA BIKE 9:30-10:15	
					ACQUA BIKE 10:00-10:45
ACQUA BOARD 10:30-11:15	ACQUA BIKE 10:30-11:15	ACQUA COMBAT 10:30-11:15	ACQUA FLUID 10:30-11:15	ACQUA CIRCUIT 10:30-11:15	
					ACQUA BOARD 11:00-11:45
	BEFORE BIRTH 11:30-12:15		BEFORE BIRTH 11:30-12:15		
					ACQUA FLUID 12:00-12:45
					ACQUA HIT 13:00-13:45
ACQUA BIKE 13:30-14:15	ACQUA TREK 13:30-14:15	ACQUA JUMP 13:30-14:15	ACQUA BIKE 13:30-14:15	ACQUA COMBAT 13:30-14:15	
	ACQUA BOARD 14:30-15:15	ACQUA TREK 14:30-15:15	ACQUA FIT 14:30-15:15		
ACQUA FIT 16:15-17:00	ACQUA FIT 16:15-17:00		ACQUA FLUID 16:15-17:00	ACQUA BIKE 16:15-17:00	
ACQUA FLUID 17:15-18:00	ACQUA FLUID 17:15-18:00	ACQUA JUMP 17:15-18:00	ACQUA TREK 17:15-18:00	ACQUA COMBAT 17:15-18:00	
ACQUA BIKE 18:15-19:00	ACQUA TREK 18:15-19:00	ACQUA BIKE 18:15-19:00	ACQUA BIKE 18:15-19:00	ACQUA TREK 18:15-19:00	
ACQUA CIRCUIT 19:15-20:00	ACQUA JUMP 19:15-20:00	ACQUA FIT 19:15-20:00	ACQUA CIRCUIT 19:15-20:00	ACQUA BOARD 19:15-20:00	
ACQUA HIT 20:15-21:00		ACQUA BOARD 20:15-21:00	ACQUA HIT 20:15-21:00		

