

AQUABABY 0-2,5 ANNI / AQUAJUNIOR 2,5-4 ANNI / AQUASUPER 4-6 ANNI

LUNEDI / GIOVEDI	MARTEDI	MERCOLEDI	VENERDI	SABATO
		8.50 9.30		8.50 9.30
		9.30 10.10		9.30 10.10
				10.10 10.50
	10.50 11.30		10.50 11.30	10.50 11.30
		11.30 12.10		11.30 12.10
	16.00 16.40	16.00 16.40	16.00 16.40	16.00 16.40
16.45 17.25			16.45 17.25	16.45 17.25
				17.25 18.05

NUOTO DA 6 A 18 ANNI STELLE MARINE / GRANCHIETTI / CAVALLUCCI / DELFINI / SQUALI / RAGAZZI

LUNEDI / GIOVEDI	MARTEDI	MERCOLEDI	VENERDI	SABATO
	14.30 15.15		15.15 16.00	
	15.15 16.00	15.15 16.00	16.00 16.45	11.30 12.15
	16.00 16.45	16.00 16.45	16.45 17.30	14.30 15.15
16.45 17.30	16.45 17.30	16.45 17.30	17.30 18.15	15.15 16.00
	17.30 18.15	17.30 18.15	18.15 19.00	16.00 16.45

NUOTO ADULTI E NUOTO LIBERO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
10.45 12.45 libero	7.45 8.30 corso+libero	9.00 14.30 libero	10.45 12.45 libero	7.45 8.30 corso+libero
11.00 11.45 corso	11.15 16.00 libero		11.00 11.45 corso	10.15 14.30 libero
15.15 16.00 libero	11.15 12.00 corso		13.30 14.30 libero	11.15 12.00 corso
16.45 17.30 libero	14.30 15.15 corso+libero	15.15 16.00 libero	15.15 16.00 libero	18.30 19.15 corso
21.15 22.00 libero	19.15 20.00 corso	20.00 20.45 corso	16.45 17.30 libero	19.15 20.00 corso
	21.00 22.00 libero	20.00 22.00 libero	21.15 22.00 libero	21.00 22.00 libero

AQUAFITNESS

LUNEDI / GIOVEDI	MARTEDI	MERCOLEDI	VENERDI	SABATO
8.00 aquasenor	8.30 aquafit		8.30 aquafit	8.00 preparto
8.45 aquafit	9.30 aquafit		9.30 aquafit	
10.00 aquafit	10.30 aquaflex		10.30 aquaflex	
12.45 aquafit	12.45 aquaenergy		12.45 palestra in acqua	12.45 aquamix
13.30 aquafit (solo lun.)	13.30 superbike		13.30 palestra in acqua	13.30 aquamix
14.30 aquafit	14.30 aquasenor	14.30 preparto	14.30 preparto	
15.15 aquasenor	15.15 aquasenor			
16.00 aquafit				
17.30 aquafit				
18.15 aquafit	18.30 aquagag	18.30 aquaenergy	18.30 superbike	
19.00 aquafit		19.15 aquaenergy	19.15 superbike	
19.45 aquafit	20.15 aquawellness		20.15 aquawellness	
20.30 aquafit	21.00 aquawellness		21.00 aquawellness	

FITNESS

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
9.00 postural gym		9.00 pilates	9.00 postural gym	10.00 pilates
10.00 stretch & panca	10.00 pilates	10.00 stretch & panca	10.00 stretch & panca	13.00 take away/pilates
14.30 gestanti gym	13.00 take away/pilates	14.30 stretch & panca	16.30 hip hop	18.00 zumba
16.00 postural kids	16.30 hip hop	13.00 take away	17.30 hip hop	19.00 zumba workout
18.30 bodyworkout	17.30 hip hop	18.00 zumba	18.30 hip hop	20.30 pilates
19.30 stretch & panca	18.30 hip hop	19.00 bodyworkout	19.45 stretch & panca	
20.20 stretch & panca	20.15 spine yoga	20.00 zumba workout	20.40 stretch & panca	
21.10 functional training				

CIRCUITO METABOLICO E ALLENAMENTO FUNZIONALE 2014/2015

DA LUNEDI A VENERDI	SABATO
8.30 12.00	8.30 17.00
12.30 21.00	