

ACQUA GYM

LUN	MAR	GIOV	VEN
SOFT 9.25	SOFT 9.00	SOFT 9.25	SOFT 9.00
GYM 10.15	GYM 9.45	GYM 10.15	GYM 9.45
CIRCUIT 12.35	ACQUAEROBICA 13.15	CIRCUIT 12.35	ACQUAEROBICA 13.15
ACQUAEROBICA 13.20	BIKE&CIRCUIT 14.00	ACQUAEROBICA 13.20	BIKE&CIRCUIT 14.00
ACQUAEROBICA 19.00	CIRCUIT 19.05	ACQUAEROBICA 19.00	CIRCUIT 19.05
CIRCUIT 19.45		CIRCUIT 19.45	

INTENSITÀ

BASSA

MEDIA

ALTA

