



SPORT ACADEMY

ORARI ACQUAFITNESS

MILANO - VIA PIETRASANTA, 14

STAGIONE SPORTIVA 2023/24

| Inizio corso | Lunedì | Martedì | Mercoledì | Giovedì | Venerdì |
|-------------------|-----------|-----------|-----------|----------|-----------|
| MATTINA | | | | | |
| 8:00 | Acquagym | Acquagym | Acquagym | Acquagym | Acquagym |
| 8:40 | Acquagym | Acquagym | Acquagym | Acquagym | Acquagym |
| 9:20 | Acquagym | Acquagym | Hydrobike | Acquagym | Acquagym |
| 10:30 | | Gestanti | | | |
| 11:30 | | | | Gestanti | |
| MATTINA | | | | | |
| 12:00 | Hydrobike | Acquagym | Acquagym | | Acquagym |
| 12:40 | Acquagym | Acquagym | Acquagym | Acquagym | Acquagym |
| 13:20 | Acquagym | Hydrobike | Hydrobike | Acquagym | Hydrobike |
| POMERIGGIO | | | | | |
| 19:20 | Acquagym | Acquagym | Acquagym | Acquagym | Acquagym |
| 20:00 | Acquagym | Acquagym | Acquagym | Acquagym | Acquagym |
| 20:40 | | Hydrobike | Hydrobike | Acquagym | Hydrobike |