

STAGIONE SPORTIVA 2026

 ACQUA CARDIO

 HYDROBIKE

 ACQUAGYM

 CIRCUIT

 GESTANTI

 ACQUAGAG

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
08:00	 HYDROBIKE	 ACQUA CARDIO	 CIRCUIT	 ACQUAGYM	 ACQUAGAG
08:40	 ACQUA CARDIO	 ACQUAGYM	 HYDROBIKE	 CIRCUIT	 HYDROBIKE
09:20	 ACQUAGYM	 CIRCUIT	 ACQUAGAG	 HYDROBIKE	 ACQUA CARDIO
11:40					 ACQUAGYM
12:20	 ACQUAGYM	 ACQUAGAG	 ACQUA CARDIO	 ACQUAGYM	 HYDROBIKE
13:00	 HYDROBIKE	 ACQUA CARDIO	 HYDROBIKE	 ACQUAGAG	
17:50		 GESTANTI			
18:30					18:50  ACQUAGYM
19:20	 HYDROBIKE	 ACQUA CARDIO	 HYDROBIKE	 ACQUAGYM	19:30  ACQUAGAG
20:00	 CIRCUIT	 HYDROBIKE	 ACQUAGAG	 ACQUA CARDIO	20:10  CIRCUIT
20:40	 ACQUAGAG	 CIRCUIT	 ACQUA CARDIO	 HYDROBIKE	
SABATO					
13:10		 ACQUAGYM		13:50	 ACQUA CARDIO