

ORARIO AQUAWELLNESS DAL 27 SETTEMBRE 2021 AL 28 MAGGIO 2022

MT = Mattia F = Fabiana SD = Sara AR = Arianna R = Rotazione

Inizio	Fine	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
08:30	09:20	HYDROBIKE	SD	TAPIS ROULANT	F	POOL GYM	SD	AQUATONE	AR	AQUATONE	SD	HYDROBIKE	R
09:30	10:20	AQUATONE	SD	AQUASTEP	F	AQUATONE	SD	HYDROBIKE	AR	TAPIS ROULANT	SD	AQUATONE	R
10:30	11:20					AQUAGYM	SD					TAPIS ROULANT	R
13:00	13:50	AQUASTEP	F	AQUAGYM	MT	HYDROBIKE	AR	AQUATONE	F	POOL GYM	MT		
14:00	14:50	AQUATONE	F	TAPIS ROULANT	MT	AQUAGYM	AR	AQUASTEP	F	HYDROBIKE	MT		
17:40	18:30			AQUAGYM	AR	AQUAGYM	F	AQUAGYM	MT				
18:40	19:30	POOL GYM	MT	HYDROBIKE	AR	AQUASTEP	F	TAPIS ROULANT	MT	AQUATONE	AR		
19:40	20:30	AQUATONE	MT	TAPIS ROULANT	AR	POOL GYM	F	AQUATONE	MT	HYDROBIKE	AR		