

	CORSI INVERNALI dal 12/1/2026			
	LUNEDÌ	MARTEDÌ	GIOVEDÌ	VENERDÌ
08:00	8:00-8:45 ACQUA GYM Alessia	8:00-8:45 ACQUA GYM Chiara	8:00-8:45 ACQUA GYM Elisa	8:00-8:45 ACQUA GYM Arianna
08:15				
08:30				
08:45	8:45-9:30 ACQUA GYM Alessia	8:45-9:30 ACQUA GYM Chiara	8:45-9:30 ACQUA GYM Elisa	8:45-9:30 ACQUA GYM Arianna
09:00				
09:15				
09:30	9:30-10:15 ACQUA WELLNES Sofia	9:30-10:15 ACQUA WELLNES Chiara	9:30-10:15 ACQUA WELLNES Elisa	9:30-10:15 ACQUA WELLNES Arianna
09:45				
10:00				
10:15	10:15-11:00 ACQUA WELLNES Sofia	10:15-11:00 ACQUA WELLNES Chiara	10:15-11:00 ACQUA WELLNES Elisa	10:15-11:00 ACQUA WELLNES Arianna
10:30				
10:45				
11:00		11:00-11:45 IDROCHINESI Arianna		11:00-11:45 FUNZIONALE Arianna
11:15				
11:30				
11:45	11:45-12:30 ACQUA GYM Stefano		11:45-12:30 ACQUA GYM Stefano	11:45-12:30 ACQUA GYM Stefano
12:00				
12:15				
12:30	12:30-13:15 ACQUA CIRCUIT Arianna	12:30-13:15 ACQUA GYM Arianna	12:30-13:15 ACQUA GYM Arianna	
12:45				
13:00				
13:15	13:15-14:00 ACQUA CIRCUIT Arianna	13:15-14:00 ACQUA GYM Arianna	13:15-14:00 ACQUA GYM Arianna	
13:30				
13:45				
14:00				
14:15	14:15-15:00 IDROCHINESI Arianna		14:15-15:00 IDROCHINESI Arianna	
14:30				
14:45				
15:00	15:00-15:45 IDROCHINESI Arianna		15:00-15:45 IDROCHINESI Arianna	
15:15				
15:30				
15:45				
16:00				
16:15				
16:30				
16:45				
17:00				
17:15				
17:30				
17:45				
18:00				
18:15				
18:30	18:30-19:15 ACQUA GYM Viola	18:30-19:15 ACQUA GYM Viola	18:30-19:15 ACQUA GYM Alessia	18:30-19:15 ACQUA CIRCUIT Alessia
18:45				
19:00				
19:15	19:15-20:00 ACQUA GYM Viola	19:15-20:00 ACQUA GYM Viola	19:15-20:00 ACQUA GYM Alessia	19:15-20:00 ACQUA CIRCUIT Alessia
19:30				
19:45				
20:00	20:00-20:45 ACQUA GYM Viola		20:00-20:45 ACQUA GYM Alessia	
20:15				
20:30				
20:45				