

Orari dei corsi in piscina

Mattino/Ora pranzo

Lunedì

09.30 – 10.20.....Acquafit

13.30 – 14.20.....Acquacircuit

Martedì

09.00 – 09.50.....Acquacircuit

13.30 – 14.15.....Idrobike

Mercoledì

09.30 – 10.20.....Acquawalking

13.30 – 14.20.....Acquabag

Giovedì

09.00 – 09.50.....Acquastep

13.30 – 14.15.....Idrobike

Venerdì

09.30 – 10.20.....Acquawalking

13.30 – 14.20.....Acquagag

Sabato

09.30 – 10.20.....Acquafight

10.30 – 11.15.....Idrobike

S e r a

Lunedì

16.30 – 17.15.....Idrobike
17.30 – 18.20.....Acquagag
18.30 – 19.20.....Acquazumba
19.30 – 20.20.....Acquastep
20.30 – 21.15.....Idrobike

Martedì

17.30 – 18.15.....Idrobike
18.30 – 19.15.....Idrobike
19.30 – 20.20.....Acquawalking
20.30 – 21.15.....Acquacircuit

Mercoledì

17.30 – 18.15.....Acquazumba
18.30 – 19.20.....Acquastep
19.30 – 20.20.....Acquafight
20.30 – 21.15.....Idrobike

Giovedì

17.30 – 18.15.....Idrobike
18.30 – 19.15.....Idrobike
19.30 – 20.20.....Acquawalking
20.30 – 21.15.....AquaFit

Venerdì

16.30 – 17.15.....Idrobike
17.30 – 18.20.....Acquabag
18.30 – 19.20.....Acquastep
19.30 – 20.20.....Acquacircuit
20.30 – 21.15.....Idrobike