

ORARIO FITNESS IN ACQUA

► ► **Piscine di Albaro**

LUN	MAR	MER	GIO	VEN	SAB	DOM
	08:15-09:00 CIRCUITO FREESTYLE		08:15-09:00 CIRCUITO FREESTYLE		08:50-09:35 GYM	09:15-10:00 BIKE
09:00-09:45 GYM DOLCE	09:00-09:45 TAPIS	09:00-09:45 BIKE	09:00-09:45 GYM DOLCE	09:00-09:45 BIKE	09:35-10:20 CIRCUITO FREESTYLE	10:00-10:45 GYM
09:45-10:30 CIRCUITO FREESTYLE	09:45-10:30 BIKE	09:45-10:30 GYM FORCE	09:45-10:30 GYM	09:45-10:30 BIKE	10:30-11:15 BIKE	10:45-11:30 BIKE
10:30-11:15 GYM	10:30-11:15 GYM	10:30-11:15 GYM TONE		10:30-11:15 GYM		11:30-12:15 CIRCUITO FREESTYLE
13:00-13:45 BIKE	13:00-13:45 TAPIS/BIKE	13:00-13:45 BIKE	13:00-13:45 BIKE	13:00-13:45 BIKE	13:00-13:45 BIKE&JUMP	
13:45-14:30 CIRCUITO FREESTYLE	13:45-14:30 BIKE	13:45-14:30 GYM	13:45-14:30 BIKE	13:00-13:45 BIKE JUMP RUN		
14:30-15:15 GYM		14:30-15:15 CIRCUITO FREESTYLE				
15:15-16:00 GYM			15:15-16:00 BIKE			
16:00-16:45 BIKE	16:00-16:45 BIKE			16:00-16:45 GYM		
16:45-17:30 BIKE	16:45-17:30 TAPIS/BIKE	16:45-17:30 BIKE&JUMP	16:45-17:30 TAPIS	16:45-17:30 BIKE&JUMP		
17:30-18:15 BIKE	17:30-18:15 TAPIS/BIKE	17:30-18:15 BIKE&JUMP	17:30-18:15 BIKE	17:40-18:25 BIKE		
18:30-19:15 GAG	18:15-19:00 BIKE	18:30-19:15 GAG	18:15-19:00 BIKE	18:30-19:15 GAG		
19:15-20:00 TABATA	19:00-19:45 ACQUACROSS TRAINING	19:15-20:00 GYM	19:00-19:45 TABATA	19:15-20:00 CIRCUITO FREESTYLE		
20:00-20:45 BIKE			19:45-20:30 TAPIS/BIKE			

Orario valido per la stagione 2022-23 Dal 26/9/22 all'11/6/23

NOTE:

La Direzione si riserva la facoltà di modificare gli orari di apertura e chiusura dell'impianto, la programmazione dei corsi e quella degli istruttori per esigenze organizzative.