

## ORARIO FITNESS IN ACQUA

►► **Piscine di Albaro**

| LUN                               | MAR                               | MER                      | GIO                               | VEN                               | SAB                               | DOM                               |
|-----------------------------------|-----------------------------------|--------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
|                                   | 07:30-08:15<br>CIRCUITO FREESTYLE |                          |                                   | 07:30-08:15<br>CIRCUITO FREESTYLE |                                   |                                   |
| 09:00-09:45<br>GYM DOLCE          | 08:15-09:00<br>CIRCUITO FREESTYLE |                          | 08:15-09:00<br>CIRCUITO FREESTYLE | 08:15-09:00<br>CIRCUITO FREESTYLE | 09:00-09:45<br>GYM                | 09:00-09:45<br>BIKE               |
| 09:45-10:30<br>CIRCUITO FREESTYLE | 09:00-09:45<br>TAPIS              | 09:00-09:45<br>BIKE      | 09:00-09:45<br>GYM DOLCE          | 09:00-09:45<br>BIKE               | 09:45-10:30<br>CIRCUITO FREESTYLE | 09:45-10:30<br>GYM                |
| 10:30-11:15<br>GYM                | 09:45-10:30<br>BIKE               | 09:45-10:30<br>GYM FORCE | 09:45-10:30<br>GYM                | 09:45-10:30<br>BIKE               | 10:30-11:15<br>BIKE               | 10:30-11:15<br>BIKE               |
| 11:15-12:00<br>BIKE               | 10:30-11:15<br>GYM                | 10:30-11:15<br>GYM TONE  | 10:30-11:15<br>BIKE               | 10:30-11:15<br>GYM                |                                   | 11:15-12:00<br>CIRCUITO FREESTYLE |
| 13:00-13:45<br>BIKE               | 13:00-13:45<br>TAPIS/GYM          | 13:00-13:45<br>GYM       | 13:00-13:45<br>BIKE               | 13:00-13:45<br>BIKE&JUMP          |                                   |                                   |
| 13:45-14:30<br>CIRCUITO FREESTYLE | 13:45-14:30<br>BIKE               | 13:45-14:30<br>GYM       | 13:45-14:30<br>BIKE               | 13:45-14:30<br>GYM                |                                   |                                   |
| 14:30-15:15<br>GYM                |                                   | 14:30-15:15<br>JUMP      |                                   |                                   |                                   |                                   |
| 15:15-16:00<br>GYM                |                                   |                          |                                   | 15:15-16:00<br>BIKE               |                                   |                                   |
| 16:00-16:45<br>BIKE               | 16:00-16:45<br>BIKE               | 16:00-16:45<br>GAG       |                                   | 16:00-16:45<br>GYM                |                                   |                                   |
| 16:45-17:30<br>BIKE               | 16:45-17:30<br>GAG                | 16:45-17:30<br>BIKE&JUMP | 16:45-17:30<br>TAPIS              | 16:45-17:30<br>BIKE&JUMP          |                                   |                                   |
| 17:30-18:15<br>BIKE               | 17:30-18:15<br>TAPIS/BIKE         | 17:30-18:15<br>BIKE&JUMP | 17:30-18:15<br>BIKE               | 17:30-18:15<br>BIKE               |                                   |                                   |
| 18:30-19:15<br>GAG                | 18:30-19:15<br>BIKE               | 18:30-19:15<br>GYM&JUMP  | 18:15-19:00<br>BIKE               | 18:30-19:15<br>GAG                |                                   |                                   |
| 19:15-20:00<br>TABATA             | 19:15-20:00<br>GYM                | 19:15-20:00<br>GYM       | 19:15-20:00<br>TAPIS/BIKE         | 19:15-20:00<br>BIKE               |                                   |                                   |
| 20:00-20:45<br>BIKE               |                                   |                          | 20:00-20:45<br>TAPIS/GYM          |                                   |                                   |                                   |

La Direzione si riserva la facoltà di modificare la programmazione delle lezioni per esigenze organizzative.