



## FITNESS in ACQUA - Stagione 2018 / 2019 dal 17/9/2018

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
M A T T I N O	ACQUA BENESSERE 9:45	KIDS FIT PADDLING per scuole 09:45	ACQUA BENESSERE 9:45	KIDS FIT PADDLING per scuole 09:45	ACQUA BENESSERE 9:45	PILATES on board 09:15	JOLLY GYM 11:00
						TAPIS vs BIKE 10:00	
				CIRCUITO 12:30		COMBAT 11:30	
P A U S A	ABDOMINAL 13:15	FIT PADDLING total body 13:15	PILATES on board 13:15	BIKE 13:15	ACQUA GAG 13:15		
S E R A	BIKE 18:30	COMBAT 18:30	CARDIO & TONE 18:45	GYM 18,30	TAPIS 18,30		
	TAPIS 19:15	ACQUA-REVIVAL 19:15	FIT PADDLING total body 19:30	BIKE 19:15			