



CORSI AQUA FITNESS		VASCA GRANDE	VASCA MEDIA	Athlon CLUB		
	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9	9:00 9:50 AQUA SOFT	9:00 9:50 AQUA SOFT	9:00 9:50 AQUA SOFT		9:00 9:50 AQUA SOFT	10:00 10:50 AQUA TRAINING
11	11:00 11:50 AQUA TRAINING	11:00 11:50 AQUA TRAINING	11:00 11:50 AQUA TRAINING	11:00 11:50 AQUA TRAINING		11:00 11:50 ACQUA GESTANTI
13	13:30 14:20 AQUA AEROBIC	13:30 14:20 AQUA TONIC	13:30 14:20 AQUA TONIC	13:30 14:20 AQUA AEROBIC	13:30 14:20 HYDROBIKE	
19	19:20 20:10 AQUA TONIC	19:20 20:10 HYDROBIKE		19:20 20:10 HYDROBIKE	19:20 20:10 HYDROBIKE	
20	20:10 21:00 HYDROBIKE	20:10 21:00 AQUA AEROBIC	20:00 20:50 HYDROBIKE	20:10 21:00 AQUA AEROBIC	20:10 21:00 AQUA TONIC	

NUOTO LIBERO Assistito		turni da 60'		Athlon CLUB		
	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7						
10	7:00 - 11:00	7:00 10:00	7:00 11:00	7:00 - 11:00	7:00 - 10:00	8:00 - 10:00
11						
12						12:00 - 14:30
13	12:30 - 14:30	12:30 - 14:30	12:30 - 14:30	12:30 - 14:30	12:30 - 14:30	
14						DOMENICA
21	21:00 22:00	21:00 22:00	21:00 22:00	21:00 22:00	21:00 22:00	10:00 - 12:00

SCUOLA NUOTO ADULTI		turni da 50'		Athlon CLUB	
	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
10		10:00 - 11:00			10:00 - 11:00
14	14:10 - 15:00			14:10 - 15:00	
19		19:00 - 21:00			19:00 - 21:00
20	19:00 - 21:00			19:00 - 21:00	
21		Nuoto Master 20:00 - 21:00			Nuoto Master 20:00 - 21:00