

PLANNING

Attività Invernale 2025/26



da lunedì a venerdì: 7.00-21.00
sabato e domenica: 8.00-14.00

LUNEDÌ MARTEDÌ MERCOLEDÌ GIOVEDÌ VENERDÌ SABATO DOMENICA

7:45 8:30	Tabata							7:45 8:30	AcquaBassa	8:15 9:00	Total Body		
8:30 9:15	Power Gym	8:30 9:15	Bike	8:30 9:15	Tapis	8:30 9:15	Bike	8:30 9:15	Jump			9:00 9:45	FantasyAlta
9:30 10:15	Tapis	9:30 10:15	Circuito	9:30 10:15	Tabata	9:30 10:15	Powergym	9:30 10:15	Acqua Kick	9:15 10:15	Gymfit	9:45 10:30	FantasyGym
10:30 11:15	AcquaDolce	10:30 11:15	AcquaAlta	10:30 11:15	AcquaDolce	10:30 11:15	Total Body	10:30 11:15	AcquaDolce	10:30 11:15	Tapis	10:30 11:15	FantasyBassa
				11:15 12:00	AcquaAlta	11:15 12:00	AcquaDolce			11:45 12:30	Powergym		
12:00 12:45	GAG	12:00 12:45	Total Body	12:00 12:45	Bike	12:00 12:45	Circuito	12:00 12:45	AcquaAlta				
13:00 13:45	Bike	13:00 14:00	Gym Fit	13:00 13:45	Jump	13:00 13:45	Bike	13:00 14:00	Threefit	12:45 13:30	Bike		
14:15 15:00	AcquaKick	14:15 15:00	Jump	14:15 15:00	Powergym	14:15 15:00	Circuito	14:15 15:00	FantasyGym				
						15:00 15:45	Tabata						
17:00 17:45	AcquaAlta			17:00 17:45	GAG			17:00 17:45	FantasyGym				ATTIVITÀ IN ACQUA BASSA
18:00 18:45	High Circuit	18:00 18:45	GAG	18:00 18:45	Tabata	18:00 18:45	Circuito	18:00 18:45	GAG				
18:45 19:30	Tabata	18:45 19:30	AcquaBassa	18:45 19:30	Powergym	18:45 19:30	Tabata	18:45 19:30	Total Body				ATTIVITÀ IN ACQUA ALTA
19:30 20:15	Bike	19:30 20:15	Tapis	19:30 20:15	Jump	19:30 20:15	FantasyBassa	19:30 20:15	Bike				