

| LUNEDÌ         |              | MARTEDÌ        |            | MERCOLEDÌ      |            | GIOVEDÌ        |              | VENERDÌ        |            | SABATO         |            | DOMENICA                   |              |
|----------------|--------------|----------------|------------|----------------|------------|----------------|--------------|----------------|------------|----------------|------------|----------------------------|--------------|
| 7:45<br>8:30   | Tabata       |                |            |                |            |                |              | 7:45<br>8:30   | Circuito   | 8:15<br>9:00   | Total Body |                            |              |
| 8:30<br>9:15   | Power Gym    | 8:30<br>9:15   | Bike       | 8:30<br>9:15   | Tapis      | 8:30<br>9:15   | Bike         | 8:30<br>9:15   | Jump       |                |            | 9:00<br>9:45               | FantasyAlta  |
| 9:30<br>10:15  | Tapis        | 9:30<br>10:15  | Circuito   | 9:30<br>10:15  | Tabata     | 9:30<br>10:15  | Circuito     | 9:30<br>10:15  | Acqua Kick | 9:15<br>10:15  | Gymfit     | 9:45<br>10:30              | FantasyGym   |
| 10:30<br>11:15 | AcquaDolce   | 10:30<br>11:15 | AcquaAlta  | 10:30<br>11:15 | AcquaDolce | 10:30<br>11:15 | Total Body   | 10:30<br>11:15 | AcquaDolce | 10:30<br>11:15 | Tapis      | 10:30<br>11:15             | FantasyBassa |
|                |              |                |            | 11:15<br>12:00 | AcquaAlta  | 11:15<br>12:00 | AcquaDolce   |                |            | 11:45<br>12:30 | Powergym   |                            |              |
| 12:00<br>12:45 | GAG          | 12:00<br>12:45 | Total Body | 12:00<br>12:45 | Bike       | 12:00<br>12:45 | Circuito     | 12:00<br>12:45 | AcquaAlta  |                |            |                            |              |
| 13:00<br>13:45 | Bike         | 13:00<br>14:00 | Gym Fit    | 13:00<br>13:45 | Jump       | 13:00<br>13:45 | Bike         | 13:00<br>14:00 | Threefit   | 12:45<br>13:30 | Bike       |                            |              |
| 14:15<br>15:00 | AcquaKick    | 14:15<br>15:00 | Jump       | 14:15<br>15:00 | Powergym   | 14:15<br>15:00 | Circuito     | 14:15<br>15:00 | FantasyGym |                |            |                            |              |
|                |              |                |            |                |            | 15:00<br>15:45 | Tabata       |                |            |                |            |                            |              |
| 17:00<br>17:45 | AcquaAlta    |                |            | 17:00<br>17:45 | GAG        |                |              | 17:00<br>17:45 | FantasyGym |                |            | ATTIVITÀ IN<br>ACQUA BASSA |              |
| 18:00<br>18:45 | High Circuit | 18:00<br>18:45 | GAG        | 18:00<br>18:45 | Tabata     | 18:00<br>18:45 | Circuito     | 18:00<br>18:45 | GAG        |                |            |                            |              |
| 18:45<br>19:30 | Tabata       | 18:45<br>19:30 | Circuito   | 18:45<br>19:30 | AcquaKick  | 18:45<br>19:30 | Tabata       | 18:45<br>19:30 | Total Body |                |            | ATTIVITÀ IN<br>ACQUA ALTA  |              |
| 19:30<br>20:15 | Bike         | 19:30<br>20:15 | Tapis      | 19:30<br>20:15 | Jump       | 19:30<br>20:15 | FantasyBassa | 19:30<br>20:15 | Bike       |                |            |                            |              |

La direzione si riserva il diritto di apportare delle modifiche all'orario durante l'anno