

CORSI ACQUA DAL 07/01/2026 – GARDEN SPORTING CENTER

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:45 – 08:30 AQUAGYM STRONG		07:45 – 08:30 AQUAGYM STRONG		07:45 – 08:30 AQUAGYM STRONG	
08:30 – 09:15 AQUAGYM	08:30 – 09:15 BIKE + TREAD a prenotazione	08:30 – 09:15 AQUAGYM	08:30 – 09:15 BIKE + TREAD a prenotazione	08:30 – 09:15 AQUAGYM	08:30 – 09:15 AQUAGYM
	09:15 – 10:00 AQUAGYM		09:15 – 10:00 AQUAGYM		09:15 – 10:00 AQUAGYM
10:00 – 10:45 BIKE + TREAD a prenotazione		10:00 – 10:45 BIKE + TREAD a prenotazione	10:45 – 11:30 AQUAGYM SPECIAL	10:00 – 10:45 BIKE + TREAD a prenotazione	
13:00 – 13:45 BIKE + TREAD a prenotazione	13:00 – 14:30 AQUAGYM SPECIAL	13:00 – 13:45 BIKE + TREAD a prenotazione	13:00 – 13:45 CIRCUITO ACQUA – TERRA	13:00 – 13:45 BIKE + TREAD a prenotazione	
16:00 – 16:45 BIKE + TREAD a prenotazione	16:00 – 16:45 AQUAGYM	16:00 – 16:45 BIKE + TREAD a prenotazione	16:00 – 16:45 AQUAGYM	16:00 – 16:45 BIKE + TREAD a prenotazione	16:00 – 16:45 AQUAGYM
16:45 – 17:30 AQUAGYM	16:45 – 17:30 AQUAGYM	16:45 – 17:30 AQUAGYM	16:45 – 17:30 BIKE + TREAD a prenotazione	16:45 – 17:30 AQUAGYM	16:45 – 17:30 AQUAGYM
17:30 – 18:15 AQUAGYM	17:30 – 18:15 AQUAGYM	17:30 – 18:15 AQUAGYM	17:30 – 18:15 AQUASTEP	17:30 – 18:15 BIKE + TREAD a prenotazione	
18:15 – 19:00 AQUAGYM	18:15 – 19:00 BIKE + TREAD a prenotazione	18:15 – 19:00 AQUAGYM STRONG	18:15 – 19:00 AQUAGYM	18:15 – 19:00 AQUAGYM	
19:00 – 19:45 AQUAJUMPER	19:00 – 19:45 BIKE + TREAD a prenotazione	19:00 – 19:45 AQUASTEP	19:00 – 19:45 AQUAJUMPER	19:00 – 19:45 AQUACIRCUIT	
20:00 – 20:45 AQUAGYM	20:00 – 20:45 AQUACIRCUIT		20:00 – 20:45 BIKE + TREAD a prenotazione		