

AQUAGYM

PLANNING 2026/27

LUNEDÌ

8.00	AQUA TOOLS
8.30	AQUA ENERGY
9.00	AQUA TOOLS
9.30	AQUA ENERGY
12.30	AQUA TOOLS
13.00	AQUA ENERGY
13.30	AQUA TOOLS
14.00	AQUA ENERGY
14.30	AQUA TABATA
15.00	AQUA TOOLS
15.30	AQUA ENERGY
17.00	AQUA TOOLS
17.30	AQUA ENERGY
18.00	AQUA TOOLS
18.30	AQUA ENERGY
19.00	AQUA TABATA
19.30	AQUA TOOLS
20.00	AQUA ENERGY

MARTEDÌ

8.00	AQUA TABATA
8.30	AQUA TOOLS
9.00	AQUA ENERGY
9.30	AQUA TOOLS
12.30	AQUA ENERGY
13.00	AQUA TOOLS
13.30	AQUA TABATA
14.00	AQUA ENERGY
14.30	AQUA TOOLS
15.00	AQUA ENERGY
15.30	AQUA TOOLS
17.00	AQUA ENERGY
17.30	AQUA TOOLS
18.00	AQUA TABATA
18.30	AQUA ENERGY
19.00	AQUA TOOLS
19.30	AQUA ENERGY
20.00	AQUA TOOLS

MERCOLEDÌ

8.00	AQUA ENERGY
8.30	AQUA TABATA
9.00	AQUA TOOLS
9.30	AQUA ENERGY
12.30	AQUA TABATA
13.00	AQUA ENERGY
13.30	AQUA TOOLS
14.00	AQUA TABATA
14.30	AQUA ENERGY
15.00	AQUA TOOLS
15.30	AQUA ENERGY
17.00	AQUA TABATA
17.30	AQUA ENERGY
18.00	AQUA TOOLS
18.30	AQUA TABATA
19.00	AQUA ENERGY
19.30	AQUA TOOLS
20.00	AQUA ENERGY

GIOVEDÌ

8.00	AQUA TOOLS
8.30	AQUA ENERGY
9.00	AQUA TABATA
9.30	AQUA TOOLS
12.30	AQUA TOOLS
13.00	AQUA TABATA
13.30	AQUA ENERGY
14.00	AQUA TOOLS
14.30	AQUA ENERGY
15.00	AQUA TOOLS
15.30	AQUA TABATA
17.00	AQUA TOOLS
17.30	AQUA TABATA
18.00	AQUA ENERGY
18.30	AQUA TOOLS
19.00	AQUA ENERGY
19.30	AQUA TOOLS
20.00	AQUA TABATA

VENERDÌ

8.00	AQUA ENERGY
8.30	AQUA TOOLS
9.00	AQUA ENERGY
9.30	AQUA TABATA
12.30	AQUA ENERGY
13.00	AQUA TOOLS
13.30	AQUA ENERGY
14.00	AQUA TOOLS
14.30	AQUA TABATA
15.00	AQUA ENERGY
15.30	AQUA TOOLS
17.00	AQUA ENERGY
17.30	AQUA TOOLS
18.00	AQUA ENERGY
18.30	AQUA TOOLS
19.00	AQUA TABATA
19.30	AQUA ENERGY
20.00	AQUA TOOLS

SABATO

9.30	AQUA TOOLS
10.00	AQUA ENERGY
10.30	AQUA TOOLS
11.00	AQUA TABATA
11.30	AQUA ENERGY

ACQUA TOOLS:
Lezione con attrezzi

ACQUA ENERGY:
Lezione a corpo libero

ACQUA TABATA:
Lezione a corpo libero
o con attrezzi