

Lunedì		Martedì		Mercoledì		Giovedì		Venerdì	
10:00	G.P.G.	10:00	Hydrobike	10:00	G.P.G.	10:00	Hydrobike	10:00	G.P.G.
		10:00	Circuito OMNIA 30'			10:00	Circuito OMNIA 30'		
		10:30	Addominali + Stretch. 30'			10:30	Addominali + Stretch. 30'		
12:30	Hydrobike	13:00	Well Back 1/2			13:00	Well Back 1/2		
13:30	Circuito OMNIA 30'	13:30	Abdominal S, 1/2	13:30	Skill Athletic 30'	13:30	Abdominal S, 1/2	13:30	Circuito OMNIA 30'
13:30	Acquagym Circuit	13:30	Group Cycling	13:30	Acquagym Circuit	13:30	Group Cycling	13:30	Hydrobike
14:00	Skill Athletic 30'							14:00	Skill Athletic 30'
		14:30	Hydrobike			14:30	Hydrobike		
18:00	Well Back	18:00	G.P.G.	18:00	Well Back	18:00	G.P.G.		
		18:30	Group Cycling	18:45	Hydrobike	18:30	Group Cycling		
19:00	Circuito OMNIA 30'	19:00	Skill Athletic 30'	19:00	Circuito OMNIA 30'	19:00	Skill Athletic 30'		
19:00	Acquagym Circuit	19:00	Acquagym Circuit			19:00	Acquagym Circuit		
				19:15	Hydrobike				
19:30	Skill Athletic 30'	19:30	Circuito OMNIA 30'	19:30	Skill Athletic 30'	19:30	Circuito OMNIA 30'		

