

ORARIO CORSI AQUA EQUILIBRA 2024 / 2025						
	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
		7,00 - 7,45 AquaFIT Michela		7,00 - 7,45 AquaFIT Michela	7,00 - 7,45 AquaFIT Michela	
		8,00-8,45 Aqua Pilates Michela		8,00-8,45 Aqua Pilates Michela		
	8,45 – 9,30 Aquasoft Sara	8,50 – 9,35 AquaFIT Michela	9,00 – 9,45 Aquapilates Michela	8,50 – 9,35 AquaFIT Michela	8,45 – 9,30 Aqua Soft Sara	
	9,35 – 10,20 Aqua Pilates Sara	09,40 – 10,25 Aqua Postura Alessia S.	9,50-10,35 AquaFitPostural Michela		9,35 – 10,20 Aqua Soft Sara	
	10,25 – 11,10 Aqua Soft Sara	10,30 - 11,15 Aqua Postura Alessia S.	10,40 – 11,25 Aqua&Music Michela	10,30 – 11,15 Aqua Postura Sara	10,25-11,10 Aqua Postura Sara	
	11,15-12,00 Aqua Postura Sara	11,20-12,05 Aqua Postura Sara	11,30-12,15 Aqua SOS Schiena Francesca			
	13,00 - 13,45 Aqua&Music Greta	13,00 - 13,45 AquaFit Greta		13,00 - 13,45 AquaFit Greta		
	14,10-14,55 Aqua Training Greta	13,50 - 14,35 Aqua Cardio Tone Michela	14,10-14,55 Aqua Training Michela	13,50 - 14,35 AquaCardioTone Michela	14,10-14,55 Aqua Training Michela	
	15,00-15,45 Aqua Pilates Greta	14,40 - 15,25 AquaBodySculpture Michela	15,00 - 15,45 Aqua Pilates Michela	14,40 - 15,25 AquaBodySculpture Michela	15,00 - 15,45 Aqua Pilates Michela	
	16,00 - 16,45 Aqua SOS Schiena Francesca	15,30 -16,15 Aqua Cardio Tone Michela	16,00 - 16,45 Aqua Postura Alessia S.	15,30 -16,15 Aqua Cardio Tone Michela	15,50 - 16,35 Aqua Postura Alessia S.	
	17,00- 17,45 Aqua Power Francesca		16,50 - 17,35 Aqua Postura Alessia S.		16,40 - 17,25 Aqua Postura Alessia S.	
		17,50- 18,35 Aqua Circuit Sara		17,10- 17,55 Aqua Pilates Greta	17,30 - 18,15 Aqua Circuit Sara	
	18,40-19,25 Senza Impatto Greta	18,40- 19,25 Aqua Soft Sara	17,50 – 18,35 Aqua Circuit Greta	18,10-18,55 Senza Impatto Greta	18,20-19,05 Aqua Pilates Francesca	
	19,30- 20,15 Aqua Pilates Greta	19,30- 20,15 Aqua Pilates Francesca	18,40 – 19,25 Aqua Soft Greta	19,00- 19,45 Aqua Circuit Greta	19,10- 19,55 Aqua Circuit Francesca	
		20,25- 21,05 Aqua Crossfit Francesca	19,30 – 20,15 Aqua Pilates Greta	19,50 - 20,35 Aqua Postura Alessia S.		

La direzione si riserva di sospendere i corsi con meno di 5 persone