

Piscina	AQUA EQUILIBRA Via Eugenio Montale, 25 2B					
	LUN	MAR	MER	GIO	VEN	SAB
La direzione si riserva di sospendere i corsi con meno di 4 persone	7,00 - 7,45 Aquafitness	7,00 - 7,45 Aqua&music		7,00 - 7,45 Aqua&music		
		8,00 - 8,45 Aqua&music		8,00-8,45 Aquapilates		8,00 - 8,45 Aquacircuit
	8,45 - 9,30 Aquasoft	8,45 - 9,30 Aqua&music	9,00 - 9,45 Aquapilates	8,45 - 9,30 Aqua&music	8,45 - 9,30 Aqua Soft	8,45 - 9,30 Aquapilates
	9,35 - 10,20 Aquasoft	9,35 - 10,20 Aquarieduca	9,50 - 10,35 AquaFitpostural	9,35 - 10,20 Aquarieduca	9,35 - 10,20 Aqua Soft	9,30 - 10,15 Aquacircuit
	10,25 - 11,10 Aqua Soft	10,25 - 11,10 Aquarieduca*	10,40 - 11,25 Aqua&music	10,25 - 11,10 Aquarieduca	10,25 - 11,10 Aquarieduca	10,15 - 11,00 Prime bracciate
	11,15 - 12,00 Aquarieduca	11,15 - 12,00 Aquarieduca*	11,30 - 12,15 Aqua&music	11,15 - 12,00 Idrochinesi	11,15 - 11,50 0 - 8 mesi	11,05 - 11,50 Prime bolle
		12,00 - 12,45 Aquarieduca*	12,30 - 13,15 Aquarieduca		12,25 - 13,10 Gestanti	
	13,00 - 13,45 Aqua&music	13,00 - 13,45 AquaFitpost	13,15 - 14,00 Aquacircuit	13,00 - 13,45 AquaFitpost	13,15 - 14,00 Aquacircuit	
	13,50-14,35 Senza Impatto	13,45 - 14,30 Aquapilates	14,05- 14,50 Aquarieduca	13,45 - 14,30 Aquapilates	14,05- 14,50 Aquacircuit	
	14,40- 15,25 Aquarieduca	14,35 - 15,20 Aquabodysculpture	15,00 - 15,45 Aquapilates	14,35 - 15,20 Aquabodysculpture	15,00 - 15,45 Aquapilates	
	15,30-16,15 Aquapilates	15,25 -16,10 Aquadcardiotone	15,45 - 16,30 Aquarieduca	15,25 -16,10 Aquadcardiotone	15,50 - 16,35 Aquarieduca*	
	16,15 - 17,00 Aquarieduca	16,15 - 17,00 Aquadbodyslim		16,15 - 17,00 Aquarieduca*	16,40 - 17,25 Aquarieduca*	
	17,05-17,50 Aquapilates	17,00- 17,45 Aquarieduca	17,00 - 17,45 Prime bolle	17,20- 18,05 Aquarieduca	17,30-18,15 Aquacircuit	
	17,55-18,40 Aqua Soft	17,45- 18,30 Aquarieduca	17,50 - 18,35 Aqua circuit	18,10 - 18,55 Senza Impatto	18,20 - 19,05 Aquapilates	
	18,45- 19,30 Aquacircuit	18,35 - 19,20 Aquaequilibra	18,40 - 19,25 Aquasoft	19,00- 19,45 Aquacircuit		
	19,35-20,20 Senza Impatto	19,25 - 20,10 Senza Impatto	19,30 - 20,15 Aquapilates	19,50 - 20,35 Aquarieduca	19,10 - 19,55 Aquacircuit	
		20,15 - 21,00 Aquadcrossfit	20,20 - 21,05 Aquadcrossfit		20,10 - 20,55 AquaFitpostural	
		21,00 - 21,45 Aquadcrossfit		20,40 - 21,25 Aquadcrossfit		

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