

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 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		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		9,40 - 10,25 Aquarieduca	9,35 - 10,20 Aqua Soft	9,30 - 10,15 Aquacircuit
	10,25 - 11,10 Aqua Soft			10,30 - 11,15 Aquarieduca		10,15 - 11,00 Prime bracciate
	11,15 - 12,00 Aquarieduca		11,30 - 12,15 Aquarieduca			11,05 - 11,50 Prime bolle
	12,00 - 12,45 Aquarieduca					
		13,00 - 13,45 Aquafitpost		13,00 - 13,45 Aquafitpost	13,15 - 14,00 Aquacircuit	
		13,45 - 14,30 Aquapilates		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	
		15,25 -16,10 Aquacardiotone	15,45 - 16,30 Aquarieduca	15,25 -16,10 Aquacardiotone		
	16,15 - 17,00 Aquarieduca			16,30 - 17,15 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		
		19,25 - 20,10 Senza Impatto	19,30 - 20,15 Aquapilates	19,50 - 20,35 Aquarieduca	19,10 - 19,55 Aquacircuit	
		20,15 - 21,00 Aquacrossfit	20,20 - 21,05 Aquacrossfit		20,10 - 20,55 Aquafitpostural	
		21,00 - 21,45 Aquacrossfit		20,40 - 21,25 Aquacrossfit		

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