

	ORARIO CORSI AQUA EQUILIBRA 2026 / 2027					
	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
La direzione si riserva di sospendere i corsi con meno di 5 persone		7,00 - 7,45 AquaFIT		7,00 - 7,45 AquaFIT	7,00 - 7,45 AquaFIT	
		8,00-8,45 Aqua Pilates		8,00-8,45 Aqua Pilates		
	8,45 – 9,30 Aquasoft	8,50 – 9,35 AquaFIT	9,00 – 9,45 Aquapilates	8,50 – 9,35 AquaFIT	8,45 – 9,30 Aqua Soft	
	9,35 – 10,20 Aqua Pilates	09,40 – 10,25 Aqua Postura	9,50-10,35 AquaFitPostural		9,35 – 10,20 Aqua Soft	
	10,25 – 11,10 Aqua Soft	10,30 - 11,15 Aqua Postura	10,40 – 11,25 Aqua&Music	10,30 – 11,15 Aqua Postura	10,25-11,10 Aqua Postura	
	11,15-12,00 Aqua Postura	11,20-12,05 Aqua Postura	11,30-12,15 SOS Schiena		11,30-12,15 SOS Schiena	
	12,05-12,50 SOS Schiena		12,20-13,05 Aqua postura		12,20-13,05 Aqua Postura	
	13,15 - 14,00 Aqua Postura	13,00 - 13,45 AquaFit	13,15-14,00 SOS Schiena	13,00 - 13,45 AquaFit		
	14,10-14,55 Aqua Training	13,50 - 14,35 Aqua Cardio Tone	14,10-14,55 Aqua Training	13,50 - 14,35 AquaCardioTone	14,10-14,55 Aqua Training	
	15,00-15,45 Aqua Pilates	14,40 - 15,25 AquaBodySculpture	15,00 - 15,45 Aqua Pilates	14,40 - 15,25 AquaBodySculpture	15,00 - 15,45 Aqua Pilates	
	16,00 - 16,45 SOS Schiena	15,30 -16,15 Aqua Cardio Tone	16,00 - 16,45 Aqua Postura	15,30 -16,15 Aqua Cardio Tone	15,50 - 16,35 Aqua Postura	
	17,00- 17,45 Aqua Power		16,50 - 17,35 Aqua Postura	16,20 - 17,05 SOS Schiena	16,40 - 17,25 Aqua Postura	
	17,50- 18,35 Aqua Postura	17,50- 18,35 Aqua Circuit	17,50 – 18,35 Aqua Circuit	17,10- 17,55 Aqua Pilates	17,30 - 18,15 Aqua Circuit	
	18,40-19,25 Senza Impatto	18,40- 19,25 Aqua Soft	18,40 – 19,25 Aqua Soft	18,10-18,55 Senza Impatto	18,20-19,05 Aqua Pilates	
	19,30- 20,15 Aqua Pilates	19,30- 20,15 Aqua Pilates	19,30 – 20,15 Aqua Pilates	19,00- 19,45 Aqua Circuit	19,10- 19,55 Aqua Circuit	
		20,25- 21,05 Aqua Training		19,50 - 20,35 Aqua Postura		