

# PALINSESTO CORSI

valido dal 09 SETTEMBRE

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
08:30 V.G. <b>TONIC</b> 45' SERENA	08:30 V.P. <b>POWER</b> 45' SARA FORS.	08:30 V.G. <b>GYM</b> 45' FRANCESCA	08:30 V.G. <b>AQUA functional</b> 45' FRANCESCA	08:30 V.G. <b>TONIC</b> 45' SERENA		
09:15 V.P. <b>HIDROBIKE</b> 45' SERENA	09:15 V.P. <b>AQUASOFT</b> 45' SARA FORS.	09:15 V.P. <b>HIDROBIKE</b> 45' FRANCESCA	09:15 V.P. <b>AQUASOFT</b> 45' SARA FORS.	09:15 V.G. <b>CIRCUIT</b> 45' SERENA		
10:00 V.G. <b>AQUA PRE-PARTO</b> 60' SARA FERR.	10:00 V.P. <b>AQUA ANTALGICA</b> 45' SARA FERR.	10:00 V.G. <b>AQUA PRE-PARTO</b> 60' SARA FERR.	10:00 V.P. <b>AQUA ANTALGICA</b> 45' SARA FERR.	10:00 V.G. <b>AQUA PRE-PARTO</b> 60' SARA FERR.	11:30 V.P. <b>AQUA functional</b> 45' ALESSANDRA	11:30 V.G. <b>HIDROBIKE</b> 45' ALESSANDRA
13:00 V.P. <b>POWER</b> 45' SERENA	13:00 V.P. <b>HIDROBIKE</b> 45' ALESSANDRA	13:00 V.P. <b>BPM</b> 45' FRANCESCA	13:00 V.P. <b>KOMBAT</b> 45' FRANCESCA	13:00 V.P. <b>GAG</b> 45' ALESSANDRA		12:30 V.P. <b>HIDROBIKE</b> 45' ALESSANDRA
17:00 V.G. <b>HIDROBIKE</b> 45' FRANCESCA	17:30 V.G. <b>GYM</b> 45' ALESSANDRA	17:00 V.G. <b>POWER</b> 45' SARA FORS.	17:30 V.G. <b>CIRCUIT</b> 45' ALESSANDRA	17:00 V.G. <b>GYM</b> 45' SARA FORS.		
18:00 V.G. <b>BPM</b> 45' FRANCESCA	18:30 V.G. <b>HIDROBIKE</b> 45' ALESSANDRA	18:00 V.G. <b>HIDROBIKE</b> 45' SARA FORS.	18:30 V.G. <b>POWER</b> 45' ALESSANDRA	18:00 V.G. <b>STEP&amp;TONE</b> 45' SARA FORS.		
19:00 V.P. <b>POWER</b> 45' FRANCESCA		19:00 V.P. <b>GAG</b> 45' SARA FORS.		19:00 V.P. <b>HIDROBIKE</b> 45' SARA FORS.		

V.G = VASCA GRANDE  
V.P = VASCA PICCOLA