

# ORARI ATTIVITÀ - AGOSTO 2022

ORARI IN VIGORE DALL'1 AL 31 AGOSTO 2022

GIORNO	MATTINA	PRANZO	POMERIGGIO/SERA
1	SOSPESA	13:20 AQUAFITNESS	18:10 AQUABIKE 19:10 AQUAFITNESS
3	SOSPESA	13:20 AQUABIKE	18:10 AQUAFITNESS 19:10 AQUABIKE
5	SOSPESA	SOSPESA	18:10 INTERVAL TRAINING 19:10 FUNCTIONAL H2O
8	11:10 AQUABIKE	13:20 AQUAFITNESS	18:10 AQUABIKE 19:10 AQUAFITNESS
10	11:10 INTERVAL H2O	13:20 AQUABIKE	18:10 AQUAFITNESS 19:10 AQUABIKE
12	11:10 AQUAFITNESS	13:20 INTERVAL TRAINING	SOSPESA
17	11:10 INTERVAL TRAINING	13:20 AQUABIKE	SOSPESA
19	11:10 AQUAFITNESS	13:20 INTERVAL TRAINING	SOSPESA
22	11:10 AQUABIKE	13:20 AQUAFITNESS	18:10 AQUABIKE 19:10 AQUAFITNESS
24	11:10 INTERVAL TRAINING	13:20 AQUABIKE	18:10 AQUAFITNESS 19:10 AQUABIKE
26	11:10 AQUAFITNESS	13:20 INTERVAL TRAINING	18:10 INTERVAL TRAINING 19:10 FUNCTIONAL H2O
29	11:10 AQUABIKE	13:20 AQUAFITNESS	18:10 AQUABIKE 19:10 AQUAFITNESS
31	11:10 INTERVAL TRAINING	13:20 AQUABIKE	18:10 AQUAFITNESS 19:10 AQUABIKE