

# PALINSESTO FITNESS 2024-2025

SPORTS

Orari	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
09:15-10:00	ACQUA GYM			ACQUA GYM			
09:30-10:15		ACQUA JOGGING					ACQUA GYM
09:45-10:30							
10:00-10:45	ACQUA GYM			ACQUA GYM			
10:15-11:00		CRAZY GYM					
10:30-11:15			ACQUA GYM DOLCE		ACQUA GYM DOLCE		ACQUA GYM
12:00-12:45						ACQUA GYM	
13:15-14:00	BIKE	WATER ENERGY	ACQUA GYM	BIKE	ACQUA CROSS		
15:30-16:15							
16:15-17:00							
17:00-17:45							
18:30-19:15	BIKE		ACQUA GYM				
19:15-20:00	RUN & BIKE		RUN & BIKE	RUN & BIKE			
19:30-20:15		ACQUA CROSS					
20:00-20:45	WATER ENERGY				WATER ENERGY		
20:45-21:30							

