

ATTIVITÀ

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

Acquagym	08:30/09:30 14:30/19:00	19:00	08:30/09:30 14:30/19:00	19:00	08:30/09:30 14:25/19:00	12:15
Acqua Functional		07:30		07:30		
Acquastyle	13:30	17:50/20:00	13:30	17:50/20:00	13:25	15:00
Apnea (Allenamento)	21:00		21:00		21:00	
Nuoto Bebè <i>(Turni da 45 minuti)</i>			18:00			10:00
Gestanti		09:30		09:30		
Ginnastica Dolce	09:30/10:30		09:30/10:30		09:30/10:30	
Idrokinesi	19:00	09:00	14:30/19:00	09:00	14:30	09:00
Master <i>(Turni da 1 ora 15 minuti)</i>	07:00/13:15/20:00		07:00/13:15/20:00		07:00/13:15/20:00	12:30
Nuoto Adulti (Mattina)	07:00/08:00/09:00/10:00 11:00/12:00	07:30/08:30/09:30/10:30/11:30 12:30/13:30	07:00/08:00/09:00/10:00 11:00/12:00	07:30/08:30/09:30/10:30/11:30 12:30/13:30	07:00/08:00/09:00/10:00 11:00/12:00	08:30/09:30/10:30/11:30 12:30/13:30
Nuoto Adulti (Pomeriggio)	19:00/20:00/21:00	19:00/20:00	19:00/20:00/21:00	19:00/20:00	19:00/20:00/21:00	18:00/19:00
Nuoto Bambini/Ragazzi	16:20/17:10/18:00	16:00/17:00/18:00	16:00/17:00/18:00	16:00/17:00/18:00	16:20/17:10/18:00	10:30/11:30 16:00/17:00/18:00
Nuoto Genitori e Figli						16:00/17:00/18:00
Nuoto Libero	07:00/08:00/09:00/10:00 11:00/12:00/21:00	07:30/08:30/09:30/10:30 11:30/12:30/13:30	07:00/08:00/09:00/10:00 11:00/12:00/21:00	07:30/08:30/09:30/10:30 11:30/12:30/13:30	07:00/08:00/09:00/10:00 11:00/12:00/21:00	08:30/09:30/10:30/11:30 12:30/13:30/18:00/19:00
Preagonistica	16:30		16:30		16:30	
Propaganda	18:00	20:00	18:00	20:00	18:00/20:00	
Scuola Nuoto Adulti	20:00	09:30	20:00	09:30	20:00	
Scuola Nuoto Bambini <i>(Turni da 50 minuti)</i>	16:00 ACQ 17:00/18:10	16:00/17:00	16:00/17:00	16:00/17:00	16:00 ACQ 17:00/18:10	10:45/11:35 16:00/17:00
Scuola Nuoto Sincronizzato		17:00		17:00		10:30

PLANNING PISCINA

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