

ACQUAFITNESS					
Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9,30 - 10,30 SCULPT		9,30 - 10,30 SCULPT		9,30 - 10,30 SCULPT	
					11,30 - 12,30 GAG ATTACK
13,30 - 14,30 SCULPT	13,30 - 14,30 GAG ATTACK	13,30 - 14,30 SCULPT	13,30 - 14,30 GAG ATTACK	13,30 - 14,30 SCULPT	
17,30 - 18,30 GYM&BIKE		17,30 - 18,30 GYM&BIKE		17,30 - 18,30 GYM&BIKE	
18,30 - 19,30 BIKE	18,30 - 19,30 GAG	18,30 - 19,30 BIKE	18,30 - 19,30 GAG	18,30 - 19,30 BIKE	
19,30 - 20,30 SWIM&GYM	19,30 - 20,30 COMBACT	19,30 - 20,30 GAG	19,30 - 20,30 COMBACT	19,30 - 20,30 GAG	

ORARI SCUOLA NUOTO ADULTI:

LUN - MER - VEN: 9:30; 10:30; 11:30; 12:30; 13:30; 14:30; 15:30;

16:30; 17:30; 18:30; 20:00; 21:00

MAR - GIO: 9:30; 10:30; 11:30; 12:30; 13:30; 14:30;

15:30; 16:30; 17:30; 18:30; 20:00

SABATO: 09:30; 16:30

ORARI SCUOLA NUOTO RAGAZZI:

LUN – MAR – MER – GIO – VEN: 18:30

ORARI SCUOLA NUOTO BAMBINI (>3 anni):

LUN – MAR – MER – GIO – VEN: 16:30; 17:30

SAB: 10:30; 11:30; 16:30; 17:30

ORARI SCUOLA NUOTO BABY (< 3 anni):

SAB: 9:30; 10:00; 10:30

ORARI PER IL NUOTO LIBERO

LUN - MER – VEN: dalle 09:30 alle 17:30 e dalle 20:00 alle 22:00

MAR – GIO: dalle 09:30 alle 17:30 e dalle 20:00 alle 21:00

SABATO: dalle 09:30 alle 19:30

DOMENICA: dalle 10:00 alle 13:00

CENTRO NUOTO

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ORA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9,30	ADULTI 4 Acquafitness - SCULPT NL	SNA 3 NL	SNA 4 Acquafitness - SCULPT NL	SNA 3 NL	SNA 4 Acquafitness - SCULPT NL	SNA 3 BABY NL
	SNA 3 SNA 4 NL	SNA 4 SNA 3 NL	SNA 3 SNA 4 NL	SNA 4 SNA 3 NL	SNA 3 SNA 4 NL	SNBB 3/4 SNB 2 BABY
11,30	SNA 3 GESTANTI NL	SNAA NL	SNA 3 NL	SNAA 25 MT NL	SNA 3 GESTANTI NL	SNBB 5/6 SNB2 GAG ATTACK NL
	SNA 3 NL	SNA 3 NL	SNA 3 NL	SNA 3 NL	SNA 3 NL	NL
13,30	SNA 3 SNA 5 MASTER SCULPT NL	SNA 3 SNA 5 MASTER GAG ATTACK NL	SNA 3 SNA 5 MASTER SCULPT NL	SNA 3 SNA 5 MASTER GAG ATTACK NL	SNA 3 SNA 5 MASTER SCULPT NL	NL
	SNA 3 NL	SNA 3 NL	SNA 3 NL	SNA 3 NL	SNA 3 NL	NL
15,00						ASSOLUTI MASTER NL
	SNA 3 NL	SNA 3 NL	SNA 3 NL	SNA 3 NL	SNA 3 NL	ASSOLUTI SNA 3 NL
16,30	SNBB 3/4 SNBB 5/6 SNB 2 SNB 3 SNA 3 NL	SNBB 3/4 SNBB 5/6 SNB 2 SNB 3 SNA 3 NL	SNBB 3/4 SNBB 5/6 SNB 2 SNB 3 SNA 3 NL	SNBB 3/4 SNBB 5/6 SNB 2 SNB 3 SNA 3 NL	SNBB 3/4 SNBB 5/6 SNB 2 SNB 3 SNA 3 NL	SNBB 3/4 SNB 2 SNA 3 NL
	SNBB 3/4 SNBB 5/6	SNBB 3/4 SNBB 5/6	SNBB 3/4 SNBB 5/6	SNBB3/4 SNBB 5/6	SNBB3/4 SNBB 5/6	SNBB 5/6 SNB 2/3

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	SNB 2 SNB 3/4 PROPAG. SNA 3 GYM & BIKE	SNB 2 SNB 3/4 SNAA SNA 2/4	SNB 2 SNB 3/4 PROPAG SNA 3 GYM & BIKE	SNB 2 SNB 3/4 SNAA SNA 2/4	SNB 2 SNB 3/4 PROPAG. SNA 3 GYM & BIKE	ESORDIENTI NL
18,30	ES. B1° ES. B2°/A ASSOLUTI SNR SNA 3 ACQUAFITNESS - BIKE	ES. B1° ES. B2°/A ASSOLUTI SNR SNA 3 GAG	ES. B1° ES. B2°/A ASSOLUTI SNR SNA 3 ACQUAFITNESS - BIKE	ES. B1° ES. B2°/A ASSOLUTI SNR SNA 3 GAG	ES. B1° ES. B2°/A ASSOLUTI SNR SNA 3 BIKE	NL
19,30	MASTER SWIM&GYM	MASTER COMBACT	MASTER SWIM&GYM	MASTER COMBACT	MASTER SWIM&GYM	
20,00	SNA 2 SNA 4	SNA 2 SNA 4	SNA 2 SNA 4	SNA 2 SNA 4	SNA 2 SNA 4	
21,00	SNA 3 SNA 4		SNA 3 SNA 4		SNA 3 SNA 4	

ACQUAFITNESS					
Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9,30 - 10,30 SCULPT DANIELA		9,30 - 10,30 SCULPT DANIELA		9,30 - 10,30 SCULPT DANIELA	
					11,30 - 12,30 GAG ATTACK
13,30 - 14,30 SCULPT	13,30 - 14,30 GAG ATTACK	13,30 - 14,30 SCULPT	13,30 - 14,30 GAG ATTACK	13,30 - 14,30 SCULPT	
17,30 - 18,30 GYM&BIKE MARCO		17,30 - 18,30 GYM&BIKE MARCO		17,30 - 18,30 GYM&BIKE MARCO	
18,30 - 19,30 BIKE MARCO	18,30 - 19,30 GAG DANIELA	18,30 - 19,30 BIKE MARCO	18,30 - 19,30 GAG DANIELA	18,30 - 19,30 BIKE MARCO	
19,30 - 20,30 SWIM&GYM FLAVIANA	19,30 - 20,30 COMBACT DANIELA	19,30 - 20,30 GAG FLAVIANA	19,30 - 20,30 COMBACT DANIELA	19,30 - 20,30 GAG FLAVIANA	

Ci sarebbero alcune richieste per fare una bike la mattina.