



## PLANNING ACQUAFITNESS 2017-2018

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
<b>09:00</b>				GYM		
<b>10:30</b>	GYM					
<b>12:45</b>	ACQUA CIRCUIT		ACQUA TH		GYM	
<b>13:00</b>						
<b>15:00</b>			GYM			
<b>18:30</b>				GYM		
<b>19:00</b>		GYM			GYM	
<b>19:15</b>				ACQUA BIKE		
<b>19:30</b>	GYM		TH CIRCUIT			
<b>19:45</b>					ACQUA BIKE	
<b>20:00</b>				ACQUA TREADMILL		
<b>20:15</b>	ACQUA CIRCUIT		TREADMILL CIRCUIT			
<b>20:45</b>				TREADMILL CIRCUIT		