



	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9.30 – 10.20		FUNCTIONAL	ACQUAGYM	ACQUAGYM	FUNCTIONAL	
09.55 – 10.45	ACQUAGYM					
10.30 – 11.20		HIDROBIKE		TREADMILL	HIDROBIKE	
11.30 – 12.20		GINNASTICA DOLCE				ACQUAGYM
12.30 – 13.20						HIDROBIKE
13.30 – 14.20	HIDROBIKE		FUNCTIONAL		TREADMILL	
18.30 – 19.20	FUNCTIONAL		FUNCTIONAL			
18.40 – 19.30		JUMP/ACQUAGYM		JUMP/ACQUAGYM		
19.00 - 19.50					25" HIDROBIKE 25" TREADMILL	
19.30 – 20.20	HIDROBIKE		HIDROBIKE			
19.40 - 20.30		FUNCTIONAL		FUNCTIONAL		
20.30 – 21.20		HIDROBIKE		TREADMILL		

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8.40 – 9.30	SNA	SNA		SNA	SNA	
9.30 – 10.20						GESTANTI
9.30 – 10.10						BABYNUOTO
10.20 – 11.00						BABYNUOTO
11.30 – 12.10		BABYNUOTO				
11.00 – 11.50						SNB
11.50 – 12.40						SNB
13.30 – 14.20		SNA			SNA	SNA
15.40 – 16.30	SNB	SNB	SNB	SNB	SNB	SNB
16.30 – 17.20	SNB	SNB	SNB	SNB	SNB	SNB
17.20 – 18.10	SNB	SNB	SNB	SNB	SNB	SNB
18.10 – 19.00	SNB	SNB	SNB	SNB	SNB	
19.30 – 20.20	SNA			SNA		

SNB = SCUOLA NUOTO BAMBINI SNA= SCUOLA NUOTO ADULTI

	LUN	MAR	MER	GIO	VEN	SAB
9.00 – 9.50	NL		NL	NL	NL	
9.30 – 10.20						NL
10.00 – 10.50		NL		NL		
10.30 – 11.20			NL		NL	
11.30 – 12.20	NL		NL	NL	NL	
12.30 – 13.20	NL	NL	NL	NL	NL	NL
13.30 – 14.30	NL	NL	NL	NL	NL	NL
14.30 – 15.20		NL	NL	NL	NL	NL
18.10 – 19.00					NL	
18.30 – 19.20			NL			
19.00 – 19.50		NL			NL	
20.00 – 20.50		NL				
20.30 - 21.20				NL		

NL = NUOTO LIBERO PISCINA MGM – STRADA CASTIGLIONE 51/A INFO : 0761.390242 - 351.5961006

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