

Orario Attività Fitness da Settembre 2019

Giorno Orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VERNERDI'	SABATO	DOMENICA
9.30	Acqua ant.		Acqua ant.		Acqua ant.		
10.30	Hydrobike	Hydrobike o Jump	Hydrobike		Hydrobike o Jump		Hydrobike o Jump
11.20	Pre parto		Pre parto				
13.30	Hydrobike	Hydrobike o Jump	Hydrobike	Hydrobike Francesco	Hydrobike o Jump		
14.30			Hydrobike		Jump		
19.30	Hydrobike	A. Gym	Hydrobike o Jump	Hydrobike	A. Gym		
20.30	A. Gym			A. Gym			