

LUNEDI'			
	vasca grande	vasca media	vasca piccola
8:45 - 9:30		HYDROGYM	
9:00 - 9:45	HYDRO RUN		
9:30 - 10:15		HYDROGYM	
9:45 - 10:30	HYDRO RUN		
10:15 - 11:00		HYDROGYM	
10:30 - 11:15	HYDRO RUN		
12:00 - 12:45		HYDROSPINNIG	
13:00 - 13:45		HYDROSPINNIG	
17:20 - 18:05	HYDRORUN- ADVANCE		
18:10 - 18:55	HYDRORUN- ADVANCE		
19:15 - 20:00			HYDRO TONIC
20:00 - 20:45			HYDRO TOTAL
MARTEDI'			
	vasca grande	vasca media	vasca piccola
8:45 - 9:30		HYDROGYM	
9:00 - 9:45	HYDRO RUN		
9:45 - 10:30	HYDRO RUN		
10:00 - 10:45		HYDROSPINNIG	
10:30 - 11:15	HYDRO RUN		
12:15 - 13:00		HYDRO CIRCUIT STRONG	
13:00 - 13:45		HYDRO CIRCUIT STRONG	
18:30 - 19:15		HYDROSPINNIG	
19:30 - 20:15		HYDROSPINNIG	
20:15 - 21:00		HYDROSPINNIG	
MERCOLEDI'			
	vasca grande	vasca media	
13:00 - 13:45		HYDRO G.A.G	
18:30 - 19:15		HYDRO G.A.G	
19:15 - 20:00		HYDRO G.A.G	
20:00 - 20:45		HYDRO G.A.G	
GIOVEDI'			
	vasca grande	vasca media	vasca piccola
8:45 - 9:30		HYDROGYM	
9:00 - 9:45	HYDRO RUN		
9:30 - 10:15		HYDROGYM	
9:45 - 10:30	HYDRO RUN		
10:15 - 11:00		HYDROGYM	
10:30 - 11:15	HYDRO RUN		
12:00 - 12:45		HYDROSPINNIG	
13:00 - 13:45		HYDROSPINNIG	
17:20 - 18:05	HYDRORUN- ADVANCE		
18:10 - 18:55	HYDRORUN- ADVANCE		
19:15 - 20:00			HYDRO TONIC
20:00 - 20:45			HYDRO TOTAL
VENERDI'			
	vasca grande	vasca media	vasca piccola
08:45 - 09:30		HYDROGYM	
09:00 - 09:45	HYDRO RUN		
9:45 - 10:30	HYDRO RUN		
10:00 - 10:45		HYDROSPINNIG	
10:30 - 11:15	HYDRO RUN		
12:15 - 13:00		HYDRO CIRCUIT STRONG	
13:00 - 13:45		HYDRO CIRCUIT STRONG	
18:30 - 19:15		HYDROSPINNIG	
19:30 - 20:15		HYDROSPINNIG	
SABATO			
	vasca grande	vasca media	vasca piccola
08:45 - 09:30		HYDRO G.A.G	
9:30 - 10:15		HYDRO TONIC	
10:15 - 11:00		HYDRO G.A.G	
11:45 - 12:30		HYDROSPINNIG	
13:00 - 13:45			HYDRO TONIC
13:45 - 14:30			HYDRO TOTAL
DOMENICA			
		vasca media	
09:00 - 09:45		HYDRO G.A.G	
10:15 - 11:00		HYDROSPINNIG	