



PALINSESTO LEZIONI 2023 - 24

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
11.00 - 11.45 AQUAGYM Simona Mori	11.00 - 11.45 AQUAGYM Katherine	11.00 - 11.45 AQUAGYM Valentina	11.00 - 11.45 AQUAGYM Katherine	11.00 - 11.45 AQUAGYM Valentina	11.00 - 11.45 AQUAGYM Noemi
13.00 - 13.45 HYDROBIKE Simona Mori	12.30 - 13.15 AQUAGYM Katherine	13.00 - 13.45 AQUASTEP Valentina	13.00 - 13.45 HYDROBIKE Katherine	13.00 - 13.45 AQUAGYM Valentina	13.00 - 13.45 HYDROBIKE Noemi
	13.15 - 14.15 SWIM TRAINNG Stefano Intagliata		13.00 - 14.00 SWIM TRAINNG Stefano Intagliata		
19.00 - 19.45 H.I.T Noemi	19.00 - 19.45 H.I.T Noemi		19.00 - 19.45 FUNNY HIT Noemi	19.00 - 19.45 FUNNY HIT Noemi	
19.30 - 20.30 SWIM TRAINING Giulia Cervello	19.30 - 20.30 SWIM TRAINNG Stefano Intagliata		19.30 - 20.30 SWIM TRAINNG Stefano Intagliata	19.30 - 20.30 SWIM TRAINING Giulia Cervello	