

planning attività per bambini e ragazzi stagione 2022/2023

NEONATI 3 - 40 mesi		NUOTO BABY 3 - 7 anni		NUOTO RAGAZZI dai 6 anni	
MARTEDI		LUNEDI	SABATO	LUNEDI	VENERDI
09:30-10:15		16:00-16:45	09:15-10:00	17:00-17:45	16:15-17:00
10:15-11:00		16:45-17:30	10:00-10:45	17:30-18:15	16:45-17:30
11:00-11:45		17:30-18:15	10:45-11:30	17:45-18:30	17:00-17:45
18:15-19:00		18:15-19:00	11:30-12:15	MARTEDI	17:45-18:30
19:00-19:45		19:00-19:45	12:15-13:00	16:15-17:00	18:15-19:00
MERCOLEDI	MARTEDI		13:00-13:45	16:45-17:30	18:30-19:15
17:30-18:15		16:00-16:45	13:45-14:30	17:00-17:45	19:15-20:00
18:15-19:00		16:45-17:30	14:30-15:15	17:45-18:30	SABATO
VENERDI		17:30-18:15	15:15-16:00	18:30-19:15	09:00-09:45
09:30-10:15		18:15-19:00	16:00-16:45	19:15-20:00	09:45-10:30
10:15-11:00		MERCOLEDI	16:45-17:30	MERCOLEDI	10:30-11:15
11:00-11:45		16:00-16:45	17:30-18:15	16:15-17:00	11:15-12:00
14:30-15:15		16:45-17:30	18:15-19:00	16:45-17:30	12:00-12:45
15:15-16:00		17:30-18:15		17:00-17:45	12:45-13:30
16:00-16:45		18:15-19:00		17:45-18:30	13:30-14:15
19:15-20:00		19:00-19:45		18:30-19:15	14:15-15:00
SABATO	GIOVEDI			GIOVEDI	15:00-15:45
09:15-10:00		15:15-16:00		17:00-17:45	15:15-16:00
10:00-10:45		16:00-16:45		17:30-18:15	15:45-16:30
10:45-11:30		16:45-17:30		17:45-18:30	16:30-17:15
11:30-12:15		17:30-18:15			17:15-18:00
16:00-16:45		18:15-19:00			18:00-18:45
16:45-17:30		19:00-19:45			18:15-19:00
17:30-18:15	VENERDI				
	16:45-17:30				
	17:30-18:15				
	18:15-19:00				



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planning attività per adulti stagione 2022/2023

FITNESS IN ACQUA		NUOTO ADULTI		ACQUAMOVIMENTO	GESTANTI	
LUNEDI		GIOVEDI		LUNEDI	LUNEDI	
08:45-09:30	ACQUAGYM	08:45-09:30	ACQUAGYM	09:00-09:45	14:45-15:45	20:00-21:00
09:35-10:20	ACQUABIKE	09:30-10:15	ACQUAGYM	09:45-10:30	15:45-16:45	MERCOLEDI
10:20-11:05	ACQUABIKE	10:30-11:15	ACQUAGYM	11:15-12:00	MARTEDI	12:00-13:00
10:30-11:15	ACQUAGYM	13:30-14:15	ACQUAGYM	20:00-20:45	09:00-10:00	13:00-14:00
11:15-12:00	ACQUAGYM	14:15-15:00	ACQUAGYM	20:45-21:30	10:00-11:00	GIOVEDI
13:30-14:15	ACQUAGYM	18:30-19:15	ACQUAGYM	21:30-22:15	11:00-12:00	20:00-21:00
14:15-15:00	ACQUAGYM	19:15-20:00	ACQUAGYM	MARTEDI	MERCOLEDI	SABATO
18:20-19:05	ACQUABIKE	VENERDI		19:15-20:00	15:30-16:30	12:30-13:30
18:30-19:15	ACQUAGYM	14:15-15:00	ACQUABIKE	20:00-20:45	GIOVEDI	
19:05-19:50	ACQUABIKE	15:00-15:45	ACQUABIKE	GIOVEDI	14:45-15:45	
19:15-20:00	ACQUAGYM	19:00-19:45	ACQUAGYM	09:00-09:45	15:45-16:45	
MARTEDI		19:45-20:30	ACQUAGYM	09:45-10:30	19:00-20:00	
14:15-15:00	ACQUABIKE	20:45-21:30	ACQUABIKE	11:15-12:00	VENERDI	
15:00-15:45	ACQUABIKE	21:30-22:15	ACQUABIKE	20:00-20:45	09:00-10:00	
19:00-19:45	ACQUAGYM	SABATO		20:45-21:30	10:00-11:00	
19:45-20:30	ACQUAGYM	13:45-14:30	ACQUAGYM	21:30-22:15	11:00-12:00	
20:45-21:30	ACQUABIKE	HIDROKINESI		VENERDI		
21:30-22:15	ACQUABIKE			19:15-20:00		
MERCOLEDI		MARTEDI		20:00-20:45		
08:45-09:30	ACQUABIKE	08:30-09:15				
09:00-09:45	ACQUAGYM	09:15-10:00				
09:30-10:15	ACQUABIKE	VENERDI				
09:45-10:30	ACQUAGYM	08:30-09:15				
10:15-11:00	ACQUABIKE	09:15-10:00				
10:30-11:15	ACQUAGYM					
19:15-20:00	ACQUABIKE					
20:00-20:45	ACQUABIKE					
20:45-21:30	ACQUABIKE					



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