

PALINSESTO ACQUA 2023-2024

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

Domenica

GYM 120 11.15
12.00

BIKE 12.45
13.30

GYM 90 19.15
20.00

GYM 90 20.00
20.45

GYM 120 10.00
10.45

GYM TONUS 10.45
11.30

GYM TONUS 18.30
19.15

GYM 120 19.15
20.00

BIKE 20.00
20.45

GYM 120 20.45
21.30

GYM TONUS 11.15
12.00

GYM 120 12.30
13.15

GYM TONUS 13.30
14.15

GYM 90 19.15
20.00

GYM 90 20.00
20.45

GYM TONUS 10.45
11.30

GYM 120 18.30
19.15

GYM TONUS 19.15
20.00

BIKE 20.00
20.45

GYM 120 9.15
10.00

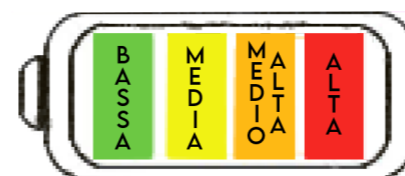
BIKE 10.00
10.45

GYM TONUS 12.00
12.45



Il planning potrebbe subire variazioni

INTENSI TA'



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