

LUNEDÌ

	7:00 ACQUA GYM
	8:00 ACQUA GYM
	8:45 ACQUA GYM
9:10 BODY BALANCE	
	9:30 ACQUA GYM
10:10 GYM	
	10:15 ACQUA GYM
	11:00 ACQUA GYM
	12:00 ACQUA GYM
13:10 BODY PUMP	
	14:00 ACQUA GYM
	15:00 ACQUA GYM
	16:00 ACQUA GYM
	17:00 ACQUA GYM
	18:00 ACQUA GYM
18:10 BODY COMBAT	
	19:00 ACQUA GYM
19:10 BODYPUMP	
19:10 FUNZIONALE	
	20:00 ACQUA GYM

MARTEDÌ

	7:00 ACQUA GYM
	7:45 ACQUA GYM
8:10 PILATES	
	8:30 ACQUA GYM
9:10 BODY PUMP	
	9:15 ACQUA GYM
	10:00 ACQUA GYM
	10:45 ACQUA GYM
11:10 PILATES	
	11:30 ACQUA GYM
	13:00 ACQUA GYM
	15:00 ACQUA GYM
	16:00 ACQUA GYM
	17:00 ACQUA GYM
17:10 PILATES	
	18:00 ACQUA GYM
18:10 BODY BALANCE	
19:00 BODYSTEP	19:00 ACQUAGYM
19:00 FUNZIONALE HIIT	

MERCOLEDÌ

	7:00 ACQUA GYM
	8:00 ACQUA GYM
	8:45 ACQUA GYM
9:10 GYM NO SALTO	
	9:30 ACQUA GYM
	10:15 ACQUA GYM
	11:00 ACQUA GYM
11:10 ZUMBA	
	12:00 ACQUA GYM
	14:00 ACQUA GYM
15:00 GYM	15:00 ACQUA GYM
	16:00 ACQUA GYM
17:10 SH'BAM	
	18:00 ACQUA GYM
18:10 FUNZIONALE	
19:10 BODYPUMP	
19:10 CARDIOGYM	
	20:00 ACQUA GYM

GIOVEDÌ

	7:00 ACQUA GYM
	7:45 ACQUA GYM
8:10 PILATES	
	8:30 ACQUA GYM
9:10 BODY STEP	
	9:15 ACQUA GYM
	10:00 ACQUA GYM
10:10 BODY BALANCE	
	10:45 ACQUA GYM
	11:30 ACQUA GYM
	13:00 ACQUA GYM
13:10 FUNZIONALE	
	15:00 ACQUA GYM
	16:00 ACQUA GYM
16:10 GYM NO SALTO	
	17:00 ACQUA GYM
17:10 PILATES	
	18:00 ACQUA GYM
18:10 CARDIO GYM	
	19:00 ACQUAGYM
19:10 BODYCOMBAT	

VENERDÌ

	8:00 ACQUA GYM
	8:45 ACQUA GYM
	9:00 ACQUA GYM
9:10 GYM	
	9:30 ACQUA GYM
	10:15 ACQUA GYM
	11:00 ACQUA GYM
	12:00 ACQUA GYM
13:10 GYM	
15:00 ZUMBA	15:00 ACQUA GYM
	16:00 ACQUA GYM
	17:00 ACQUA GYM
	18:00 ACQUA GYM
18:10 BODYPUMP	

SABATO

8:10 PILATES	
	8:30 ACQUA GYM
9:10 CARDIO GYM	
	9:15 ACQUA GYM
	10:00 ACQUA GYM
10:10 BODYPUMP	
	11:00 ACQUA GYM

DOMENICA

	9:00 ACQUA GYM
	10:00 ACQUA GYM
10:10 IMPACTO	

 CORSI PISCINA
 CORSI SALA



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ORARIO LIVORNO