

# CALENDARIO CORSI FITNESS IN ACQUA

**DAL 31 AGOSTO AL 13 SETTEMBRE**



CENTRO SPORTIVO  
FARNESIANA

| ORARI | LUNEDI'                                                                                                            | MARTEDI'                                                                                                           | MERCOLEDI'                                                                                                          | GIOVEDI'                                                                                                             | VENERDI'                                                                                                             |
|-------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 10:00 |                                                                                                                    |  <b>IDROGYM</b><br>10:00/10:45    |                                                                                                                     |  <b>IDROGYM</b><br>10:00/10:45    |                                                                                                                      |
| 11:00 |                                                                                                                    |  <b>GESTANTI</b><br>11:00/11:45   |                                                                                                                     |  <b>GESTANTI</b><br>11:00/11:45   |                                                                                                                      |
| 13:00 |  <b>IDROBIKE</b><br>13:00/13:45  |  <b>IDROGYM</b><br>13:00/13:45   |  <b>IDROBIKE</b><br>13:00/13:45 |  <b>IDROGYM</b><br>13:00/13:45   |                                                                                                                      |
| 13:15 |                                                                                                                    |                                                                                                                    |                                                                                                                     |                                                                                                                      |  <b>IDROBIKE</b><br>13:15/14:00 |
| 18:00 |                                                                                                                    |                                                                                                                    |                                                                                                                     |                                                                                                                      |                                                                                                                      |
| 19:00 |  <b>IDROGYM</b><br>19:00/19:45  |                                                                                                                    |  <b>IDROGYM</b><br>19:00/19:45 |                                                                                                                      |                                                                                                                      |
| 19:15 |                                                                                                                    |  <b>IDROBIKE</b><br>19:15/20:00 |                                                                                                                     |  <b>IDROBIKE</b><br>19:15/20:00 |                                                                                                                      |
| 20:00 |  <b>IDROBIKE</b><br>20:00/20:45 |  <b>IDROBIKE</b><br>20:00/20:45 |                                                                                                                     |  <b>IDROBIKE</b><br>20:00/20:45 |                                                                                                                      |

- LE LEZIONI SONO RECUPERABILI SOLO SE DISDETTE ALMENO 4 ORE PRIMA
- PER TUTTE LE ATTIVITA' E' OBBLIGATORIO IL CERTIFICATO MEDICO

# CALENDARIO FITNESS IN ACQUA 2026/27

valido dal 14/09/2026 al 30/05/2027

| Orari | Lunedì                                                                                                              | Martedì                                                                                                             | Mercoledì                                                                                                           | Giovedì                                                                                                               | Venerdì                                                                                                                                                       |
|-------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00  |  <b>IDROGYM</b><br>9:00/9:45       |                                                                                                                     |  <b>IDROGYM</b><br>9:00/9:45     |                                                                                                                       |                                                                                                                                                               |
| 10:00 |                                                                                                                     |  <b>GESTANTI</b><br>10:00/10:45    |  <b>COMBO</b><br>10:00/10:45     |  <b>GESTANTI</b><br>10:00/10:45    |                                                                                                                                                               |
| 10:15 |                                                                                                                     |  <b>IDROGYM</b><br>10:15/11:00     |                                                                                                                     |  <b>IDROGYM</b><br>10:15/11:00     |                                                                                                                                                               |
| 13:00 |  <b>IDROBIKE</b><br>13:00/13:45    |  <b>IDROGYM</b><br>13:00/13:45     |  <b>IDROBIKE</b><br>13:00/13:45  |  <b>IDROGYM</b><br>13:00/13:45     |  <b>IDROBIKE</b><br>13:00/13:45                                            |
| 13:10 |  <b>ANTALGICA</b><br>13:10/14:00   |  <b>ANTALGICA</b><br>13:10/14:00   |                                                                                                                     |  <b>ANTALGICA</b><br>13:10/14:00   |  <b>ANTALGICA</b><br>13:10/14:00                                           |
| 14:00 |  <b>COMBO</b><br>14:00/14:45      |  <b>ANTALGICA</b><br>14:00/14:50  |                                                                                                                     |                                                                                                                       | <b>COMBO</b><br>14:00/14:45 <b>ANTALGICA</b><br>14:00/14:50                                                                                                   |
| 15:00 |                                                                                                                     |  <b>ANTALGICA</b><br>15:00/15:50 |                                                                                                                     |                                                                                                                       |  <b>ANTALGICA</b><br>15:00/15:50                                         |
| 18:10 |  <b>ANTALGICA</b><br>18:10/19:00 |                                                                                                                     |                                                                                                                     |  <b>ANTALGICA</b><br>18:10/19:00 |                                                                                                                                                               |
| 18:30 |                                                                                                                     |  <b>ANTALGICA</b><br>18:30/19:20 |                                                                                                                     |                                                                                                                       |  <b>ANTALGICA</b><br>18:30/19:20                                         |
| 19:00 | <b>IDROGYM</b><br>19:00/19:45 <b>ANTALGICA</b><br>19:00/19:50                                                       |                                                                                                                     |  <b>IDROGYM</b><br>19:00/19:45 |  <b>ANTALGICA</b><br>19:00/19:50 |  <b>IDROGYM</b><br>19:00/19:45                                           |
| 19:15 |                                                                                                                     |  <b>IDROBIKE</b><br>19:15/20:00  |                                                                                                                     |  <b>IDROBIKE</b><br>19:15/20:00  |                                                                                                                                                               |
| 19:20 |                                                                                                                     |  <b>ANTALGICA</b><br>19:20/20:10 |                                                                                                                     |                                                                                                                       |  <b>ANTALGICA</b><br>19:20/20:10                                         |
| 19:30 |                                                                                                                     |                                                                                                                     |                                                                                                                     |                                                                                                                       | <div>• Le lezioni sono riprenotabili SOLO SE disdette almeno 4 ore prima</div> <div>• Per tutte le attività è <b>OBBLIGATORIO</b> il certificato medico</div> |
| 20:00 |  <b>IDROBIKE</b><br>20:00/20:45  |  <b>IDROBIKE</b><br>20:00/20:45  |  <b>COMBO</b><br>20:00/20:45   |  <b>IDROBIKE</b><br>20:00/20:45  |                                                                                                                                                               |