

## LUNEDÌ

08:40 WATER TREKKING  
09:40 WATER GYM  
10:40 HYDROBYKE  
11:40 WATER CIRCUIT  
14:00 DREN UP  
17:40 WATER GAG  
18:40 WATER GYM  
19:40 WATER TONE  
20:40 HYDROBYKE

## MARTEDÌ

07:40 HYDROBYKE  
08:40 WATER TREKKING  
09:40 WATER GYM  
10:40 WATER CIRCUIT  
11:40 HYDROSTEP  
14:00 HYDROBYKE  
18:40 WATER GYM  
19:40 HYDROBYKE  
20:40 WATER TREKKING

## MERCOLEDÌ

08:40 WATER TREKKING  
09:40 WATER GYM  
10:40 HYDROBYKE  
11:40 WATER CIRCUIT  
14:00 DREN UP  
17:40 WATER GAG  
18:40 WATER GYM  
19:40 WATER TONE  
20:40 HYDROBYKE

## GIOVEDÌ

07:40 HYDROBYKE  
08:40 WATER TREKKING  
09:40 WATER GYM  
10:40 WATER CIRCUIT  
11:40 HYDROSTEP  
14:00 WATERGYM  
18:40 WATER GYM  
19:40 HYDROBYKE  
20:40 WATER TREKKING

## VENERDÌ

08:40 WATER TREKKING  
09:40 WATER GYM  
10:40 HYDROBYKE  
11:40 WATER CIRCUIT  
14:00 WATER TREKKING  
17:40 WATER GAG  
18:40 WATER GYM  
19:40 WATER TONE  
20:40 HYDROBYKE

## SABATO

09:00 WATER TREKKING  
10:00 WATER CIRCUIT  
11:00 HYDROBIKE  
12:00 WATER GYM

**NO**  
EXCUSES  
**JUST**  
RESULTS



## PLANNING ACQUA

TUTTI I CORSI SONO SU PRENOTAZIONE - GLI ORARI DEI CORSI POSSONO SUBIRE VARIAZIONI