

# PALINSESTO ACQUA 2026-2027

Lunedì

**ACQUA GYM 120**  
10:30 - 11:15

**ACQUA BIKE**  
12:45 - 13:30

**ACQUA METABOLIC  
TRAINING V90**  
19:15 - 20:00

**ACQUA METABOLIC  
TRAINING V90**  
20:00 - 20:45

Martedì

**ACQUA GYM 120**  
10:00 - 10:45

**ACQUA METABOLIC  
TRAINING**  
10:45 - 11:30

**ACQUA GYM 120**  
14:30 - 15:15

**ACQUA METABOLIC  
TRAINING**  
**ACQUA GYM 180**  
18:30 - 19:15

**ACQUA GYM 120**  
**ACQUA GYM 180**  
19:15 - 20:00

**ACQUA BIKE**  
**ACQUA GYM 180**  
20:00 - 20:45

Mercoledì

**ACQUA GYM 120**  
12:45 - 13:30

**ACQUA GYM 120**  
18:30 - 19:15

**ACQUA BIKE**  
19:15 - 20:00

**ACQUA CROSS**  
20:00 - 20:45

Giovedì

**ACQUA GYM 120**  
10:30 - 11:15

**ACQUA METABOLIC  
TRAINING**  
11:15 - 12:00

**ACQUA CROSS**  
12:45 - 13:30

**ACQUA METABOLIC  
TRAINING V90**  
19:15 - 20:00

**ACQUA METABOLIC  
TRAINING V90**  
20:00 - 20:45

Venerdì

**ACQUA GYM 120**  
10:00 - 10:45

**ACQUA GYM 120**  
10:45 - 11:30

**ACQUA GYM 120**  
**ACQUA GYM 180**  
18:30 - 19:15

**ACQUA METABOLIC  
TRAINING**  
19:15 - 20:00

**ACQUA CROSS**  
20:00 - 20:45

Sabato

**ACQUA METABOLIC  
TRAINING**  
12:00 - 12:45

Domenica

**ACQUA GYM 120**  
09:15 - 10:00

**ACQUA BIKE**  
10:00 - 10:45

**ACQUA GYM 120**  
11:00 - 11:45