



Programma AKUA adulti stagione 2023 2024

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8.30-09.15 AKUAFITNESS	8.30-09.15 AKUADOLCE EMOTION	8.30-09.15 AKUAFITNESS	8.30-09.15 AKUAFITNESS	8.30-09.15 AKUADOLCE EMOTION	
9.15-10.00 AKUADOLCE IN MOTION	9.15-10.00 AKUADOLCE EMOTION	9.15-10.00 AKUADOLCE IN MOTION	9.15-10.00 AKUAFITNESS	9.15-10.00 AKUADOLCE EMOTION	
10.00-10.45 AKUAFITNESS	10.00-10.45 AKUAFITNESS	10.00-10.45 AKUADOLCE IN MOTION	10.00-10.45 AKUADOLCE IN MOTION	10.00-10.45 AKUAFITNESS	
10.45-11.30 AKUADOLCE IN MOTION	10.45-11.30 AKUADOLCE IN MOTION	10.45-11.30 AKUADOLCE IN MOTION		10.45-11.30 AKUADOLCE IN MOTION	
	12.30-13.00 AKUA ELITE		12.30-13.00 AKUA ELITE		
12.45-13.30 AKUAFITNESS	13.00-13.30 AKUACORE	12.45-13.30 AKUAFITNESS	13.00-13.30 AKUACORE	12.45-13.30 AKUAFITNESS	12.45-13.30 AKUAFITNESS
	14.00-14.45 AKUADOLCE EMOTION		14.00-14.45 AKUADOLCE EMOTION		
14.30-15.15 AKUAFITNESS	14.45-15.30 AKUADOLCE EMOTION	14.30-15.15 AKUAFITNESS	14.45-15.30 AKUADOLCE EMOTION		
	15.30-16.15 AKUAFITNESS		15.30-16.15 AKUAFITNESS		
18.30-19.15 AKUADOLCE IN MOTION	18.30-19.15 AKUAFITNESS	18.30-19.15 AKUADOLCE IN MOTION	18.30-19.15 AKUADOLCE IN MOTION	18.30-19.15 AKUAFITNESS	
19.20-20.05 AKUAFITNESS	19.20-20.05 AKUAFITNESS	19.20-20.05 AKUAFITNESS	19.20-20.05 AKUAFITNESS	19.20-20.05 AKUAFITNESS	
20.10-20.40 AKUACORE	20.10-20.40 AKUAGAG		20.10-20.40 AKUACORE	20.10-20.40 AKUAGAG	

INTENSO

MOLTO INTENSO

SUPER INTENSO

AKUA ELITE
...l'eccellenza nell'acqua...

INFO IN RECEPTION