

Programma AKUA adulti stagione 2026 2027

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO

8.30-09.15
AKUAFITNESS

9.15-10.00
AKUADOLCE
IN MOTION

10.00-10.45
AKUAFITNESS

10.45-11.30
AKUADOLCE
IN MOTION

12.45-13.30
AKUAFITNESS

14.30-15.15
AKUAFITNESS

17.45-18.30
AKUADOLCE
IN MOTION

18.30-19.15
AKUAFITNESS

19.20-20.05
AKUAFITNESS

8.30-09.15
AKUADOLCE
EMOTION

9.15-10.00
AKUADOLCE
EMOTION

10.00-10.45
AKUAFITNESS

10.45-11.30
AKUADOLCE
IN MOTION

12.30-13.00
AKUA ELITE

13.00-13.30
AKUACORE

14.00-14.45
AKUADOLCE
EMOTION

14.45-15.30
AKUADOLCE
EMOTION

15.30-16.15
AKUAFITNESS

18.30-19.15
AKUAFITNESS

19.20-20.05
AKUAFITNESS

8.30-09.15
AKUAFITNESS

9.15-10.00
AKUADOLCE
IN MOTION

10.00-10.45
AKUADOLCE
IN MOTION

10.45-11.30
AKUADOLCE
IN MOTION

12.45-13.30
AKUAFITNESS

14.30-15.15
AKUAFITNESS

15.30-16.15
AKUAFITNESS

17.45-18.30
AKUADOLCE
IN MOTION

18.30-19.15
AKUAFITNESS

19.20-20.05
AKUAFITNESS

06.30-07.15
AKUAFITNESS

8.30-09.15
AKUAFITNESS

9.15-10.00
AKUAFITNESS

10.00-10.45
AKUADOLCE
IN MOTION

12.30-13.00
AKUA ELITE

13.00-13.30
AKUACORE

14.00-14.45
AKUADOLCE
EMOTION

14.45-15.30
AKUADOLCE
EMOTION

15.30-16.15
AKUAFITNESS

18.30-19.15
AKUADOLCE
IN MOTION

19.20-20.05
AKUAFITNESS

8.30-09.15
AKUADOLCE
EMOTION

9.15-10.00
AKUADOLCE
EMOTION

10.00-10.45
AKUAFITNESS

10.45-11.30
AKUADOLCE
IN MOTION

12.45-13.30
AKUAFITNESS

18.30-19.15
AKUAFITNESS

19.20-20.05
AKUAFITNESS

12.45-13.30
AKUAFITNESS

INTENSO
MOLTO INTENSO
SUPER INTENSO

INFO IN RECEPTION