



Piscine Dabliu Colli d'Oro

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Planning Maggio 2025

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

DOMENICA

10:00 AquaGag
50 min
Brigitta



11:00 Hydrobike
50 min
Brigitta



10:30 Aquayoga
50 min
Tania



11:30 AquaGag
50 min
Brigitta



12:40 Aquafitness
50 min
Brigitta



13:30 Hydrobike
50 min
Brigitta



13:30 AquaStep
50 min
Brigitta



18:30 Tabata
50 min
Rossella



19:20 AquaJump
50 min
Rossella



18:30 Hydrobike
50 min
Annagiulia



19:30 AquaGag
50 min
Annagiulia



9:10 Aquayoga
50 min
Tania



10:00 AquaGag
50 min
Brigitta



11:00 Hydrobike
50 min
Brigitta



12:40 Total body
50 min
Brigitta



13:30 Aquatonic
50 min
Brigitta



18:30 AquaJump
50 min
Rossella



19:20 AquaGym Interval Training
50 min
Rossella



10:30 Aquayoga
50 min
Tania



11:30 AquaGag
50 min
Brigitta



12:40 Hydrobike
50 min
Brigitta



13:30 Aquacircuit
50 min
Brigitta



18:30 AquaGag
50 min
Annagiulia



19:30 Hydrobike
50 min
Annagiulia



10:00 AquaStep
50 min
Brigitta



11:00 Hydrobike
50 min
Brigitta



12:40 Aquafitness
50 min
Brigitta



13:30 Aquatonic
50 min
Brigitta



18:30 Aperigym
50 min
Annagiulia



10:00 AquaGym
50 min



10:00 Lezioni a rotazione
50 min



Orari apertura piscina : 07:30/21:00 - Nuoto libero: lun/ven: 07:30/14:30 - 18:30/21:00; sab/dom: 08:00/14:00