


# Corsi fitness in acqua

## Stagione 2020-2021





Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
			<b>Aqua Pilates</b> 08:00-08:45	
<b>Acquagym</b> 09:00-09:45	<b>Acquagym</b> 09:00-09:45	<b>AquaBodyBike</b> 09:00-09:45 <a href="#">aquadbodybike</a>	<b>Acquagym</b> 09:00-09:45	<b>Acqua BodyBike</b> 09:00-09:45 <a href="#">aquadbodybike</a>
<b>Aqua Twirl Gym</b> 10:00-10:45		<b>Acquagym in acqua alta</b> 10:00-10:45	<b>Zumba in acqua</b> 10:00-10:45 	
	<b>Aquadynamic</b> 11:00-11:45		<b>Acquagym</b> 11:00-11:45	
	<b>Acquagym in acqua alta</b> 12:00-12:45	<b>Aquadynamic</b> 12:00-12:45		
<b>AquaWork</b> 14:00-14:45				
<b>Acqua Tabata</b> 18:15-19:00	<b>AquaBodyBike</b> 18:15-19:00 <a href="#">aquadbodybike</a>	<b>Aqua Raft</b> 18:15-20:00	<b>Aqua BodyBike</b> 18:10-18:55 <a href="#">aquadbodybike</a>	

\* Obbligatorio indossare un paio di shorts.

Lido Locarno  
Via Respini 11 - CP 545  
6601 Locarno

info@lidolocarno.ch  
www.lidolocarno.ch  
Telefono 091 759 90 00

 facebook.com/lidolocarno  
 instagram.com/lidolocarno

