

feel.

LA NOSTRA MISSION, FIN DAL 1987,
È QUELLA DI DIFFONDERE LA CULTURA DEL WELLNESS,
PROMUOVENDO UNO STILE DI VITA SANO E DI QUALITÀ.

Quality lifestyle since 1987


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WELLNESS & SPA CLUBS
SINCE 1987

WATER ROUTINE
PLANNING CORSI

Quality lifestyle
since 1987

2024

MARTELLAGO

LUNEDÌ

ACQUAFIT	9:00	45 min
ACQUAPOWER	18:30	45 min

MERCOLEDÌ

ACQUAFIT	9:15	45 min
ACQUASOFT	10:30	45 min
HYDROBIKE	13:00	45 min
ACQUAFIT	17:45	45 min
HYDROBIKE	18:45	45 min

VENERDÌ

ACQUAFIT	9:30	45 min
ACQUASOFT	10:30	45 min
ACQUATABATA	18:15	45 min

MARTEDÌ


ACQUABEAT	9:30	45 min
ACQUASOFT	10:30	45 min
ACQUATONE	13:00	45 min
ACQUAFIT	15:00	45 min
ACQUATONE	19:00	45 min


GIOVEDÌ


ACQUAFIT	10:00	45 min
ACQUACIRCUIT	13:00	45 min
ACQUAFIT	15:00	45 min
ACQUATONE	18:30	45 min

SABATO

ACQUAFIT	10:30	45 min
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 mattina
(8.00-11.45)

 pausa pranzo
(12.00-14.00)

 pomeriggio
(14.15-21.00)