

# CALENDARIO CORSI

## 1° CICLO 2012/2013

LU MA ME GI VE SA

---

	SETTEMBRE	10	11	12	13	14	15
GG...../ORA.....		17	18	19	20	21	22
		24	25	26	27	28	29

NUMERO LEZ.

---

	OTTOBRE	1	2	3	4	5	6
L/G 30 lez.		8	9	10	11	12	13
Lun 15 lez.		15	16	17	18	19	20
Gio 15 lez.		22	23	24	25	26	27
		29	30	31			

---

M/V 31 lez.							
	NOVEMBRE					2	3
Mar 15lez.							
Ven 16 lez.		5	6	7	8	9	10
Mer 15 lez.		12	13	14	15	16	17
Sab 15 lez.		19	20	21	22	23	24
		26	27	28	29	30	

---

	DICEMBRE						1
		3	4	5	6	7	
		10	11	12	13	14	15
		17	18	19	20	21	22
					27	28	29

## **POPY (3-5 ANNI) RAGAZZI (6-14 ANNI)**

**LUNEDI'-GIOVEDI'  
MARTEDI'-VENERDI'**

16,15/17,00\*  
16,45/17,30  
17,15/18,00  
17,45/18,30  
18,15/19,00\*  
18,45/19,30\*

**MERCOLEDI'**

16,40/17,20  
17,20/18,00  
18,00/18,40  
18,40/19,20+ADULTI

**SABATO**

8,50/ 9,30  
9,30/10,10  
10,10/10,50  
10,50/11,30  
11,30/12,10  
12,10/12,50  
15,30/16,10  
16,10/16,50  
16,50/17,30  
17,30/18,10

## **BABY (3 MESI-3 ANNI)**

**MERCOLEDI'**

10,30/11,00  
11,00/11,30  
16,00/16,30

**SABATO**

8,45/ 9,15  
9,15/ 9,45  
9,45/10,15  
10,15/10,45  
11,00/11,30

TEMPERATURA

11,30/12,00

VASCA MAX 30°

12,00/12,30

## **PROPAGANDA MARTEDI' E VENERDI'**

**18,00/19,00**

## **PERFEZIONAMENTO LUNEDI' E GIOVEDI'**

**18,00/19,00**

## **ADULTI (DAI 15 ANNI)**

**LUNEDI'-GIOVEDI'**

9,20/10,00  
19,00/19,40  
19,40/20,20  
20,20/21,00  
21,00/21,40

**MARTEDI'-VENERDI'**

18,45/19,30  
19,15/20,00

**MERCOLEDI'**

18,40/19,20  
19,20/20,00

**SABATO**

8,50/9,30  
10,10/10,50  
17,30/18,10  
OVER 45

MASTER(SOLO  
( BISETTIMANALI  
**LUNEDI'-GIOVEDI'**

**LUNEDI'-GIOVEDI'**

15,15/16,00  
15,45/16,30

20,00/21,00

## **CORSI SPECIALI**

### **ACQUAGYM**

**LUNEDI'-GIOVEDI'**

13,30/14,10  
19,00/19,40  
19,40/20,20  
21,00/21,40

**MARTEDI'-VENERDI'**

9,20/10,00  
10,00/10,40  
10,40/11,20  
15,10/15,50

**MERCOLEDI'**

19,00/19,40  
19,40/20,20  
20,20/21,00  
21,00/21,40

### **BIKE**

**LUNEDI'-GIOVEDI'**

20,20/21,00

**MARTEDI'-VENERDI'**

20,00/20,40  
20,40/21,20

**MERCOLEDI'**

20,00/20,40  
20,40/21,20

**SABATO**

15,50/16,30

### **GESTANTI (CON CERTIFICATO MEDICO DEL GINECOLOGO)**

**LUNEDI'-GIOVEDI' 14,15/15,15**