



# ESSENUOTO WATER FITNESS EVENTS

Orario	Giovedì 12	Venerdì 13	Sabato 14	Domenica 15
<b>10,30</b>	BIKE STRONG	TREADMILL ATIPICO	TREADMILL 100%	BIKE & MASTER
<b>11,00</b>	TREADMILL PASSI BASE & POSTURA	STEP / TREADMILL	TREADMILL PASSI BASE & POSTURA / BIKE	BIKE / TREADMILL MASTER
<b>11,45</b>	BIKE & MANUBRI	TREADMILL / BIKE	TOTAL BIKE	TREADMILL ALTO IMPATTO
<b>12,30</b>	SPIN BIKE	ACQUARUNNING TOP / KICK CIRCUIT	BIKE & ELASTICI	BIKE MASTER ATIPICA
<b>13,00</b>	TREADMILL 100%	BIKE / TREADMILL	CINTURA SPECIALE ADDOMINALI	BIKE / TREADMILL CIRCUIT
<b>13,30</b>	BIKE & TREADMILL CIRCUIT	BIKE	TREADDOMINAL	FUN TUBO
<b>14,15</b>	BIKE & TREADMILL STRONG	TUBO TONO-CARDIO IN DOPPIO / BIKE MASTER	BIKE / TREAD CIRCUIT	TREADMILL ATIPICO
<b>15,00</b>	SPIN BIKE	TREADMILL 360	MASTER BIKE / MANUBRI	BIKE MASTER CARDIO
<b>15,30</b>	LAVORO A BLOCCHI + CAVIGLIERE	AMPIEZZA & FREQUENZA, SOLO GG ?? / TREADMILL PASSI BASE & POSTURA	TREADMILL 100% / CAVIGLIERE	BIKE / TREADMILL
<b>16,00</b>	STEP FUN	TREADMILL 100%	BIKE MASTER STRONG	SUPER BIKE / STEP NOSTOP
<b>16,30</b>	TREADDOMINAL	BIKE	NON SOLO TREADMILL	BIKE / TREADMILL MASTER CIRCUIT

Per info:

<http://www.uisp.it/nuoto/>

[www.uisper.info](http://www.uisper.info) - [leganuoto@uisper.info](mailto:leganuoto@uisper.info)

[www.essenuoto.com](http://www.essenuoto.com) - [info@essenuoto.com](mailto:info@essenuoto.com)