



## GARBAGNATE NUOTO SSD a r.l.

20024 GARBAGNATE MILANESE - CENTRO SPORTIVO

Via Montenero, 15 - CF / PI 07160570151

Tel. / Fax. 02/9956474

www.garbagnatenuoto.com - info@garbagnatenuoto.com

### ORARI 2010/2011

<b>Genitori/Bambino</b>	Lun e/o Gio	11,00-11,30
	Mercoledì	16,00/16,30
	Mar e/o Ven	15,15/15,45
	Sabato	16,00/16,30-17,00/17,30-18,00
	Domenica	10,00/10,30 - 10,40/11,10 -11,15/11,45 - 11,50/12,20
<b>Prescolare</b>	Lun/Gio	15,30/16,30 - 16,00/17,00 - 17,00/18,00
	Mar/Ven	15,30/16,30 - 16,00/17,00 - 17,00/18,00
	Mercoledì	15,00/16,00 - 16,00/17,00 - 17,00/18,00
	Sabato	8,30/9,30 - 9,00/10,00 - 9,30/10,30-11,00/12,00 - 17,00/18,00
	Domenica	9,00/10,00
<b>Ragazzi</b>	Lun/Gio	16,30/17,30-17,00/18,00 -17,30/18,30-18,00/19,00-18,30/19,30
	Mar/Ven	16,30/17,30-17,00/18,00-17,30/18,30-18,00/19,00-18,30/19,30
	Mercoledì	16,15/17,15 - 17,15/18,15 - 18,15/19,15-19,00/20,00
	Sabato	9,00/10,00-9,45/10,45 - 10,45/11,45-11,30/12,30- 16,15/17,15 - 17,15/18,15 - 18,15/19,15
<b>Ragazzi Speciali</b>	Lun/Gio	17,30/18,30
	Mar/Ven	17,30/18,30
<b>Adulti</b>	Lun/Gio	19,00/20,00-19,30/20,30-20,00/21,00-20,30/21,30-21,00/22,00-21,30/22,30
	Mar/Ven	19,00/20,00-19,30/20,30-20,00/21,00-20,30/21,30-21,00/22,00
	Mer/Dom	Mer. 19,30/20,30 Dom. 9,00/10,00 Mer. 20,00/21,00 Dom.9,30/10,30
	Sabato	10,30/11,30 - 11,45/12,45
<b>Adulti Speciali</b>	Lun/Gio	19,30/20,30-20,30/21,30
<b>* Signore/i</b>	Lun/Gio	9,00/10,00-10,00/11,00-11,00/12,00
	Mar/Ven	9,00/10,00-10,00/11,00
<b>Terza Età</b>	Lun/Gio	14,30/15,15
	Mercoledì	15,15/16,00 GYM ADULTI
<b>Turnisti</b>	Lun/Gio	9,00/10,00-10,00/11,00-11,00/12,00-20,30/21,30-21,00/22,00-21,30/22,30
	Mar/Ven	9,00/10,00-10,00/11,00-20,30/21,30-21,00/22,00
	Mer/Dom	Mer: 19,30/20,30-20,00/21,00- Dom: 9,00/10,00-9,30/10,30
<b>Acqua Gym</b> Acqua Bassa	Lun/Gio	20,15/21,00 - 21,00/21,45
	Mar/Ven	20,00/20,45 - 21,00/21,45
	Mercoledì	18,00/18,45-19,00/19,45
	Sabato	18,30/19,15
<b>Acqua Gym</b> Acqua Alta	Lun/Gio	11,00/11,45 - 12,45/13,30 - 18,45/19,30
	Mar/Ven	12,45/13,30 - 18,45/19,30
	Sabato	9,00/9,45
<b>WCT</b>	Lun/Gio	19,30/20,15
	Mercoledì	20,00/20,45
<b>Gestanti</b>	Lun/Gio	14,00/15,00
	Mar/Ven	14,00/15,00
<b>Acqua Bike</b>	Lun/Gio	21,45/22,30
	Mar/Ven	21,45/22,30
	Mercoledì	13,00/13,45
	Sabato	10,00/10,45 -11,45/12,30
	Domenica	10,45 -11,45
<b>WCT ( Mamme)</b>	Lun/Gio	16,00/16,30 - 16,30/17,00
	Mar/Ven	16,00/16,30 - 16,30/17,00
<b>Acqua Aerobica</b>	Sabato	10,30/11,30
<b>Walking Bike</b>	Lun/Gio	13,30/14,15
	Mercoledì	14,30/15,15 - 19,15/20,00 - 21,00/21,45
	Sabato	14,30/15,15 - 18,30/19,15
<b>Acqua Walking</b>	Lun/Gio	12,00/12,45
	Mar/Ven	12,00/12,45 -20,00/20,45