



# GARBAGNATE NUOTO SSD a r.l.

20024 GARBAGNATE MILANESE - CENTRO SPORTIVO

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## ORARI 2011/2012

<b>Corsi</b>	<b>Giorni</b>	<b>Orario</b>
<b>Genitori/Bambino</b>	<b>Lun/Gio</b>	11.00/11.30
	<b>Mercoledì</b>	16.00/16.30
	<b>Mare/o Ven</b>	15.15/15.45
	<b>Sabato</b>	16.00/16.30 – 17.00/17.30 – 17.30/18.00
	<b>Domenica</b>	10.00/10.30 - 10.40/11.10 - 11.15/11.45 - 11.50/12.20
<b>Prescolare</b>	<b>Lun/Gio</b>	15.30/16.30 - 16.00/17.00 - 17.00/18.00
	<b>Mar/Ven</b>	15.30/16.30 - 16.00/17.00 - 17.00/18.00
	<b>Mercoledì</b>	15.00/16.00 – 16.00/17.00 - 17.00/18.00
	<b>Sabato</b>	8.30/9.30 - 9.00/10.00 - 9.30/10.30-11.00/12.00 - 17.00/18.00
	<b>Domenica</b>	9.00/10.00
<b>Ragazzi</b>	<b>Lun/Gio</b>	16.30/17.30-17.00/18.00 -17.30/18.30-18.00/19.00-18.30/19.30
	<b>Mar/Ven</b>	16.30/17.30-17.00/18.00 -17.30/18.30-18.00/19.00-18.30/19.30
	<b>Mercoledì</b>	16.15/17.15 – 17.15/18.15 – 18.15/19.15 – 19.00/20.00
	<b>Sabato</b>	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>	<b>Lun/Gio</b>	17.00/18.00
<b>Adulti</b>	<b>Lun/Gio</b>	19.00/20.00-19.30/20.30-20.00/21.00-20.30/21.30-21.00/22.00-21.30/22.30
	<b>Mar/Ven</b>	19.00/20.00-19.30/20.30-20.00/21.00-20.30/21.30-21.00/22.00
	<b>Mer/Dom</b>	Mer. 19.30/20.30 Dom. 9.00/10.00 Mer. 20.00/21.00 Dom.9.30/10.30
	<b>Sabato</b>	10.30/11.30 – 11.45/12.45
<b>Genitori/Adulti</b>	<b>Sabato</b>	16.15/17.15
<b>Adulti Speciali</b>	<b>Lun/Gio</b>	19.30/20.30-20.30/21.30
<b>*Signore/i</b>	<b>Lun/Gio</b>	9.00/10.00-10.00/11.00-11.00/12.00
	<b>Mar/Ven</b>	9.00/10.00-10.00/11.00
<b>Terza Età</b>	<b>Lun/Gio</b>	14.30/15.15
	<b>Mercoledì</b>	15.15/16.00 GYM ADULTI
<b>Turnisti</b>	<b>Lun/Gio</b>	9.00/10.00-10.00/11.00-11.00/12.00-20.30/21.30-21.00/22.00-21.30/22.30
	<b>Mar/Ven</b>	9.00/10.00-10.00/11.00-20.30/21.30-21.00/22.00
	<b>Mer/Dom</b>	Mer: 19.30/20.30-20.00/21.00- Dom: 9.00/10.00-9.30/10.30
<b>Acqua Gym</b> Acqua bassa	<b>Lun/Gio</b>	20.15/21.00 – 21.00/21.45
	<b>Mar/Ven</b>	20.00/20.45 – 21.00/21.45
	<b>Mercoledì</b>	18.00/18.45-19.00/19.45
	<b>Sabato</b>	18.30/19.15
<b>Acqua Gym</b> Acqua alta	<b>Lun/Gio</b>	11.00/11.45 – 12.45/13.30 – 18.45/19.30
	<b>Mar/Ven</b>	12.45/13.30 – 18.45/19.30
	<b>Sabato</b>	9.00/9.45
<b>WCT</b>	<b>Lun/Gio</b>	19.30/20.15
	<b>Mercoledì</b>	20.00/20.45
<b>Gestanti</b>	<b>Lun/Gio</b>	14.00/15.00
<b>Acqua Bike</b>	<b>Lun/Gio</b>	21.45/22.30
	<b>Mar/Ven</b>	21.45/22.30
	<b>Mercoledì</b>	13.00/13.45
	<b>Sabato</b>	10.00/10.45 – 11.45/12.30
	<b>domenica</b>	10.45/11.30
<b>WCT (mamme)</b>	<b>Lun/Gio</b>	16.30/17.00
	<b>Mar/Ven</b>	16.30/17.00
<b>Acqua Aerobica</b>	<b>Sabato</b>	10.30/11.30
<b>Walking Bike</b>	<b>Mercoledì</b>	14.30/15.15 – 19.15/20.00 – 21.00/21.45
	<b>Sabato</b>	14.30/15.15 – 18.30/19.15
<b>Acqua Walking</b>	<b>Lun/Gio</b>	12.00/12.45
	<b>Mar/Ven</b>	20.00/20.45

\*corso di nuoto per adulti originariamente definito per Signore  
gli orari potranno subire delle variazioni nel corso dell'anno.aggiornato al 16 giugno 2011