




Sport Center

dal 6 Giugno al 3 Luglio 2016

LUNEDI`			MARTEDI`			MERCOLEDI`			GIOVEDI`			VENERDI`			SABATO		
SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA
		8:40-9:25 AQUASOFT			08:45-09:30 AQUAALTA			08:45-09:30 AQUASOFT			8:40-9:25 AQUASOFT			08:45-09:30 AQUASOFT			
10:10-11:00 XTEMPO ENERGY	9:00-10:00 GINNASTICA DOLCE	9:30-10:15 AQUAGYM		09:00-09:45 STRETCHING DEI MERIDIANI	9:35-10:20 AQUAGYM			09:45-10:30			9:30-10:15 AQUAGYM	09:45-10:30 POSTURAL TRAINING			11:05-11:25 ULTRA ADDOME		
	10:30-11:30 PILATES MAT	10:30-11:15 TOTALBODY	10:30-11:15 TOTALBODY		10:30-11:15 AQUATONE	10:30-11:15 CARDIO PUMP	10:15-11:15 INDOORCYCLE	10:40-11:25 AQUAGYM	09:45-10:30 TOTALBODY	10:35-11:35 PILATES MAT		10:40-11:25 FAT BURNING		10:45-11:30 AQUAGYM		11:00-12:00 INDOORCYCLE	11:40-12:25 AQUAALTA
		10:30-11:15 AQUAALTA	11:20-11:40 G&G					11:20-11:40 ULTRA ADDOME	10:40-11:00 ULTRA ADDOME				11:30-11:50 ULTRA ADDOME		11:30-12:25 ZUMBA		
13:15-13:45 ULTRA ADDOME	13:00-13:55 INDOORCYCLE	12:45-13:30 HYDROBIKE	13:20-14:15 TOTAL BODY	13:15-14:15 PILATES MAT	12:45-13:30 AQUATONE		13:00-13:55 INDOORCYCLE	13:15-14:05 XTEMPO ENERGY	13:10-13:55 GAG	13:10-14:10 PILATES MAT	12:45-13:30 AQUAALTA	13:05-14:05 ZUMBA	13:15-14:00 FASST CIRCUIT	12:45-13:30 AQUAGYM	13:00-14:00 PILATES MAT		
13:45-14:15 G&G		13:35-14:20 AQUAGYM			13:35-14:20 METABOLIC WATER			14:00-14:50 HYDRA METHOD		13:15-14:00 FASST CIRCUIT	13:35-14:20 HYDROBIKE		13:35-14:20 AQUACIRCUIT	16:00-16:20 ULTRA ADDOME			
		14:25-15:10 AQUAGYM			14:25-15:10 HYDROBIKE					green			14:25-15:10 AQUAGYM		DOMENICA		
													14:25-15:10 METABOLIC WATER		SALA 1	SALA 2	ACQUA
17:30-18:20 POSTURAL PILATES		17:40-18:20 AQUAGYM					18:05-18:50 BODY TONE				17:40-18:20 AQUATONE			10:20-10:40 ULTRA ADDOME	11:00-12:00 INDOORCYCLE		11:00-11:45 JOLLY
			18:25-18:55 ULTRA ADDOME				18:15-19:00 BODY TONE							10:00-10:45 JOLLY			
18:25-19:10 TOTAL BODY	18:15-19:10 INDOORCYCLE	18:25-19:10 METABOLIC WATER		18:05-18:50 PILATES MAT	18:35-19:20 AQUACIRCUIT			18:15-19:00 GAG	18:25-19:10 BODYTONE	18:20-19:15 INDOOR CYCLE	18:25-19:10 AQUAGYM	18:00-18:55 PILOGA		18:30-19:15 BIKE&TONE			
19:15-20:00 GAG	19:20-20:05 PUMP	19:15-20:00 HIDRA SENZA FRONTIERE	19:00-19:30 G&G	19:10-20:05 INDOORCYCLE	19:20-20:05 AQUAGYM		19:10-20:05 INDOOR CYCLE	20:20-21:20 THAI FIT	19:15-20:00 AQUACOMBACT	19:15-20:10 POSTURAL TRAINING	19:20-20:05 AGUAMOVIDA	19:05-20:00 METABOLIC TRAINING	19:00-20:00 INDOORCYCLE	19:20-20:05 AQUAGYM	NOTE:		
20:05-20:50 PILATES MAT	20:20-21:20 THAI FIT	20:10-20:55 AQUAGYM	19:30-20:25 ZUMBA	20:15-21:00 FASST CLASS	20:10-20:55 HYDROBIKE		20:10-20:55 PILATES ENERGY	19:15-20:00 FASST CIRCUIT	20:15-21:00 AQUAGYM	20:15-21:00 FASST CLASS	20:10-20:55 AQUAGYM				 prenota i corsi in reception. tel: 0521-257040 cell: 3421878935 oppure 3285411444 oppure richiedi la tua password e prenota on line www.sportcenterparma.it		
	19:15-20:00 FASST CIRCUIT		19:15-20:00 FASST CIRCUIT														
	green		green				beach			green					orario apertura centro feriali 07:30 23:00 sabato 08:00 21:00 domenica 08:00 19:00		

TUTTI I CORSI SONO A PRENOTAZIONE POTREBBERO SUBIRE MODIFICHE O SOSPENSIONI PER AFFLUENZA INFERIORE AL NUMERO MINIMO PREVISTO