




Sport Center

dal 10 Aprile 2017

| 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 HYDROBIKE | | | 8:40-9:25 AQUASOFT | | | 08:45-09:30 AQUASOFT | | | |
| 09:45-10:35 XTEMPO ENERGY | 9:00-09:45 GINNASTICA DOLCE | 9:30-10:15 AQUAGYM | | 09:00-09:45 STRETCHING DEI MERIDIANI | 9:35-10:20 AQUAGYM | | | 09:45-10:30 METABOLIC WATER | | | 9:30-10:15 AQUAGYM | 09:45-10:30 POSTURAL TRAINING | 10:15-11:15 INDOORCYCLE | | 11:05-11:25 ULTRA ADDOME | | |
| | 10:35-11:35 PILATES MAT | | 10:30-11:15 TOTALBODY | | 10:30-11:15 AQUATONE | 10:30-11:15 ZUMBA | 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 GAG | | 10:45-11:30 AQUADANCE | 11:00-12:00 INDOORCYCLE | 11:40-12:25 AQUAALTA | |
| | | 10:30-11:15 AQUAALTA | | | | | | | | | | | | | 11:30-12:20 ZUMBA | | |
| 13:15-14:05 BODY CONDITIONING | 13:00-13:55 INDOORCYCLE | 12:45-13:30 HYDROBIKE | 13:15-14:05 TOTAL BODY | 13:15-14:10 XTEMPO P&M | 13:00-13:50 METABOLIC WATER | 13:15-14:05 XTEMPO ENERGY | 13:00-13:55 INDOORCYCLE | 13:00-13:50 AQUA CROSS | 13:15-14:05 GAG | 13:15-14:05 PILATES MAT | 12:45-13:30 AQUAALTA | 13:15-14:05 ZUMBA | 13:15-14:00 FASTS CIRCUIT | 12:45-13:30 AQUAGYM | 13:00-14:00 GARUDA | | |
| | | 13:35-14:20 AQUA CROSS | | | 14:00-14:50 HYDROBIKE | 14:15-15:00 PILATES MAT | | 14:00-14:50 AQUAGAG | | | 13:35-14:20 BYE&TONE | | 13:35-14:20 AQUABIGCIRCUIT | | | | |
| | | 14:25-15:10 AQUAGYM | | | | | | | | | 14:25-15:10 AQUAGYM | | 14:25-15:10 METABOLIC WATER | | DOMENICA | | |
| | | | | | | 17:30-18:20 POSTURAL PILATES | | | | | | | | | SALA 1 | SALA 2 | ACQUA |
| 17:30-18:20 POSTURAL PILATES | | 17:30-18:15 AQUABIGCIRCUIT | 17:30-18:20 | | | 18:05-18:50 BODY TONE | | 18:25-19:10 XTEMPO ENERGY | | 18:05-18:50 AQUAGYM | 17:30-18:15 AQUA CROSS | 17:30-18:20 TONE UP | 17:30-18:15 AQUA CROSS | | 10:20-10:40 ULTRA ADDOME | 11:00-12:00 INDOORCYCLE | 09:45-10:30 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 AQUASTEP | | | 19:15-20:10 HYDROBIKE | 18:25-19:10 BODY TONE | | 18:30-19:15 AQUAGYM | 18:00-18:55 PILOGA | 18:30-19:15 HYDROBIKE | | | | |
| | | | 18:25-19:15 GAG | 19:10-20:05 INDOORCYCLE | 19:20-20:05 AQUAGYM | 19:15-20:00 INDOOR CYCLE | | 20:20-21:05 THAI FIT | 19:15-20:10 INDOOR CYCLE | 18:20-19:05 HYDROBIKE | 18:20-19:15 INDOOR CYCLE | 18:00-18:55 PILOGA | 19:00-20:00 INDOORCYCLE | 19:20-20:05 AQUAGYM | | | |
| 19:15-20:00 XTEMPO ENERGY | 19:20-20:05 PUMP | 19:15-20:00 AQUA CROSS | | | | 20:05-20:55 XTEMPO P&M | | 19:15-20:00 AQUACOMBACT | 19:15-20:00 POSTURAL TRAINING | 19:25-20:10 PUMP | 19:20-20:05 BYE&TONE | 19:05-20:00 METABOLIC TRAINING | | | NOTE: | | |
| | 20:05-20:50 PILATES MAT | 20:10-20:55 AQUAGYM | 19:20-20:15 ZUMBA | 20:15-21:00 FASTS CLASS | 20:10-20:55 HYDROBIKE | | | 20:05-20:50 AQUA CROSS | 20:15-21:00 FASTS CLASS | 19:15-20:00 FASTS CIRCUIT | | | | |  <p>SPORT CENTER ERCOLENEGRI Piscine e Palestre prenota i corsi in reception. tel: 0521-257040 cell: 3285411444 oppure richiedi la tua password e prenota on line www.sportcenterparma.it</p> | | |
| | 19:15-20:00 FASTS CIRCUIT | | 19:15-20:00 FASTS CIRCUIT | | | | | 19:15-20:00 AQUA CROSS | 19:15-20:00 FASTS CLASS | | | | | | | | |
| | | | | | | | | | | | | | | | <p>orario apertura centro feriali 07:30 23:00 sabato 08:00 21:00 domenica 08:00 19:00</p> | | |

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