




# Sport Center

dal 4 al 17 settembre 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	
	9:00-09:45 GINNASTICA DOLCE	8:30-9:15 AQUASOFT			08:45-09:30 AQUAALTA	09:45-10:30 PUMP		08:45-09:30 HYDROBIKE			8:30-9:15 AQUASOFT			08:45-09:30 AQUABIGCIRCUIT				
09:45-10:35 XTEMPO ENERGY	10:35-11:35 POSTURAL TRAINING	9:30-10:15 AQUAGYM	10:30-11:15 TOTALBODY	09:30-10:30 PILATES MAT	9:35-10:20 AQUAGYM	10:35-11:25 ZUMBA		09:45-10:30 METABOLIC WATER	09:45-10:30 TOTALBODY	10:35-11:35 POSTURAL TRAINING	9:30-10:15 AQUAGYM	09:30-10:30 PILATES MAT			11:05-11:25 ULTRA ADDOME			
	10:30-11:15 AQUAALTA			10:30-11:15 AQUATONE				10:40-11:25 AQUAGYM				10:40-11:25 GAG		10:45-11:30 AQUADANCE	11:00-12:00 INDOORCYCLE	11:40-12:25 AQUAALTA		
13:15-14:05 BODY CONDITIONING	13:00-13:55 INDOORCYCLE	12:45-13:30 HYDROBIKE	13:15-14:05 PUMP	13:15-14:10 BALANCE	13:00-13:50 METABOLIC WATER	13:15-14:05 XTEMPO ENERGY	13:00-13:55 INDOORCYCLE	13:00-13:50 AQUAGYM	13:15-14:05 GAG	13:15-14:05 XTEMPO P&M	12:45-13:30 AQUADANCE	13:15-14:05 ZUMBA	13:15-14:00 FAST CIRCUIT	12:45-13:30 AQUAGYM	13:00-14:00 PILATES			
	13:35-14:20 METABOLIC WATER			14:00-14:50 AQUACOMBAT	14:15-15:00 PILATES MAT			14:00-14:50 AQUASTEP			13:35-14:20 BIKE&TONE		13:35-14:20 AQUABIGCIRCUIT					
	14:25-15:10 AQUAGYM										14:25-15:10 AQUACROSS				<b>DOMENICA</b>			
	17:30-18:15 AQUABIGCIRCUIT								18:15-19:00 AQUAGYM		17:30-18:15 AQUACROSS				SALA 1	SALA 2	ACQUA	
18:25-19:10 TBF	18:15-19:10 INDOORCYCLE	18:25-19:10 METABOLIC WATER	18:25-19:15 GAG	18:05-18:50 PILATES MAT	18:35-19:20 AQUASTEP	18:25-19:10 BODY TONE	19:15-20:10 AQUACOMBAT	18:25-19:10 BODY TONE	18:25-19:10 INDOOR CYCLE	18:20-19:15 INDOOR CYCLE	18:30-19:15 AQUAGYM	18:05-18:55 PILOGA	18:30-19:15 AQUACROSS		10:20-10:40 ULTRA ADDOME		09:45-10:30 JOLLY	
19:15-20:00 XTEMPO ENERGY	19:15-20:00 AQUA CROSS		19:20-20:15 ZUMBA	19:10-20:05 INDOORCYCLE	19:20-20:05 AQUAGYM					19:15-20:10 POSTURAL TRAINING	19:20-20:05 BYKE&TONE	19:00-19:50 TBF	19:20-20:05 AQUAGYM		10:45-11:30 JOLLY			
20:05-20:50 PILATES MAT		20:10-20:55 AQUAGYM	19:15-20:00 FAST CIRCUIT	20:15-21:00 FAST CLASS	20:10-20:55 HYDROBIKE	20:05-20:55 XTEMPO P&M	19:15-20:00 AQUA CROSS	20:05-20:50 AQUA CROSS	20:15-21:00 FAST CLASS	19:15-20:00 FAST CIRCUIT								
	19:15-20:00 FAST CIRCUIT																	
	green		green				green			green					<b>NOTE:</b>			
															 <p>SPORT CENTER <b>ERCOLENEGRI</b> Piscine e Palestre</p> <p>prenota i corsi in reception. tel: 0521-257040 cell:3285411444 oppure richiedi la tua password e prenota on line www.sportcenterparma.it</p>			
															<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