




Sport Center

dal 2 NOVEMBRE 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
		8:30-9:15 AQUASOFT			08:45-09:30 AQUAALTA			08:45-09:30 HYDROBIKE			8:30-9:15 AQUASOFT			08:45-09:30 AQUABIGCIRCUIT			
09:45-10:35 XTEMPO ENERGY	9:00-09:45 GINNASTICA DOLCE	9:30-10:15 AQUAGYM		09:30-10:25 PILATES MAT	9:35-10:20 AQUAGYM	09:45-10:30 PUMP		09:45-10:30 METABOLIC WATER			9:30-10:15 PILATES MAT			11:05-11:25 ULTRA ADDOME			
	10:35-11:35 POSTURAL TRAINING	TOTALBODY	10:30-11:15 TOTALBODY		10:30-11:15 AQUATONE	10:35-11:25 ZUMBA	10:15-11:15 INDOORCYCLE	10:40-11:25 AQUAGYM	09:45-10:30 TOTALBODY	10:35-11:35 POSTURAL TRAINING	10:40-11:25 GAG		10:45-11:30 AQUADANCE	11:00-12:00 INDOORCYCLE	11:50-12:35 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 METABOLIC WATER	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 AQUAALTA	13:15-14:05 ZUMBA	13:15-14:00 FASST 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						
17:30-18:15 POSTURAL& STRETCH	17:30-18:15 AQUABIGCIRCUIT		17:30-18:20 TONE UP	18:05-18:50 PILATES MAT	18:35-19:20 AQUASTEP	17:30-18:15 POSTURAL& STRETCH	18:15-19:00 GAG	17:30-18:15 AQUAGYM	17:30-18:20 TONE UP	17:30-18:15 AQUACROSS							
18:20-19:05 TBF	18:15-19:10 INDOORCYCLE	18:25-19:10 METABOLIC WATER	18:25-19:15 GAG	19:10-20:05 INDOORCYCLE	19:20-20:05 AQUAGYM	18:25-19:10 BODY TONE	19:15-20:10 INDOOR CYCLE	18:25-19:10 AQUACOMBAT	18:25-19:10 BODY TONE	18:20-19:15 INDOOR CYCLE	18:30-19:15 AQUAGYM	18:05-18:55 PILOGA	18:30-19:15 AQUACROSS				
19:15-20:00 XTEMPO ENERGY	19:20-20:05 PUMP	19:15-20:00 AQUA CROSS	19:20-20:15 ZUMBA	20:15-21:00 FASST CLASS	20:10-20:55 HYDROBIKE	19:15-20:00 TOTAL BODY	20:20-21:05 THAI FIT	19:15-20:00 AQUAGYM	19:15-20:10 POSTURAL TRAINING	19:25-20:10 PUMP	19:20-20:05 BYKE&TONE	19:00-19:50 TBF	19:20-20:05 AQUAGYM				
20:05-20:50 PILATES MAT	20:20-21:05 THAI FIT	20:10-20:55 AQUAGYM	19:15-20:00 FASST CIRCUIT			20:05-20:55 XTEMPO P&M	19:15-20:00 FASST CIRCUIT	20:05-20:50 AQUA CROSS	20:15-21:00 FASST CLASS	19:15-20:00 FASST CIRCUIT							
	19:15-20:00 FASST CIRCUIT		green				green			green							

DOMENICA		
SALA 1	SALA 2	ACQUA
10:20-10:40 ULTRA ADDOME	11:00-12:00 INDOORCYCLE	09:45-10:30 JOLLY
10:45-11:30 JOLLY		

NOTE:		
 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		
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