Sport Center

DAL 30 LUGLIO AL 26 AGOSTO2018

LUNEDI`

SALA 1	SALA 2	ACQUA
		8:30-9:15 AQUASOFT
09:45-10:35 TOTALBODY		9:30-10:15 AQUAGYM
	10:35-11:35 POSTURAL TRAINING	
13:15 -14:05 BODY CONDITIONING		
		13:35-14:20 METABOLIC WATER
		14:25-15:10 AQUAGYM
18:20-19:05 TOTAL BODY	18:15-19:10 INDOORCYCLE	18:25-19:10 METABOLIC WATER
19:15-20:00 PILATES MAT		19:15-20:00 AQUA CROSS
	19:15-20:00 FASST CIRCUIT	20:10-20:55 AQUAGYM
	green	

MARTEDI`

SALA 1	SALA 2	ACQUA
10:30-11:15 TOTALBODY	09:30-10:25 PILATES MAT	9:35-10:20 AQUAGYM
		10:30-11:15 AQUATONE
13:15-14:05 PUMP		13:00-13:50 METABOLIC WATER
		14:00-14:50 AQUAGYM
18:15-19:00 TONE UP		18:35-19:20 AQUASTEP
19:05-19:50 GAG		19:20-20:05 AQUAGYM
19:15- 20:00 FASST CIRCUIT		
green		

MERCOLEDI`

SALA 1	SALA 2	ACQUA
		08:45 -09:30 HYDROBIKE
09:45-10:30 PUMP	08:50-9:40 POSTURAL & YOGA	09. 45-10.30 METABOLIC WATER
13:15-14:05 TOTAL BODY		13:00-13:50 AQUAGYM
		14:00-14:50 AQUASTEP
18:25-19:10 BODY TONE		18:25-19:10 METABOLIC WATER
19:15-20.00 PILATES MAT		19:15-20:00 AQUAGYM

GIOVEDI`

SALA 1	SALA 2	ACQUA
		8:30-9:15 AQUASOFT
09:45-10:30 TOTALBODY	10:35-11:35 POSTURAL TRAINING	9:30-10:15 AQUAGYM
	13:15-14:05 PILATES MAT	13:35-14:20 BIKE&TONE
18.25-19.10 TOTAL BODY	18:20-19:15 INDOOR CYCLE	14:25-15:10 AQUACROSS
19:15-20:10 POSTURAL TRAINING		18:30-19:15 AQUAGYM
	19:15-20:00 FASST CIRCUIT	19:20-20:05 BYKE&TONE
	green	

VENERDI`

SALA 1	SALA 2	ACQUA
09:35-10:30 PILATES MAT		
10:40-11.25 GAG		
13:15-14:05 TOTAL BODY		
18:00-18:55 PILOGA		
19:00-19:50 TBF		

orario apertura centro
feriali 08:00 22:00
prefestivi e festivi 08:00-20:30

SABATO

SALA 1	SALA 2	ACQUA

DOMENICA

SALA 1	SALA 2	ACQUA
		10:45-11:30 AQUADANCE
		11:00-11:45 JOLLY ACQUA
		12:45-13:30 AQUAGYM
		13,35-14,20 AQUABIGCIRCUIT
		19.20-20:05 AQUAGYM

Corsi sospesi dal 13 al 19 agosto. Buone vacanze !!!

NOTE:

SPORT CENTER ERCOLE NEGRI
Piscine e Palestre

prenota i corsi
in reception.
tel: 0521-257040
cell:3285411444
oppure prenota on line
www.sportcenterparma.it

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