




Sport Center

DAL 02 LUGLIO AL 15 LUGLIO 2018

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 [Dumbbell] [Heart]						08:45-09:30 HYDROBIKE [Dumbbell] [Heart]			8:30-9:15 AQUASOFT [Dumbbell] [Heart]			08:45-09:30 AQUAGYM [Heart] [Dumbbell]				
09:45-10:35 XTEMPO ENERGY [Dumbbell] [Heart]		9:30-10:15 AQUAGYM [Dumbbell] [Heart]				09:45-10:30 PUMP [Dumbbell] [Heart]					09:35-10:30 PILATES MAT [Dumbbell]							
	10:35-11:35 POSTURAL TRAINING [Dumbbell]		10:30-11:15 TOTALBODY [Heart] [Dumbbell]	09:30-10:25 PILATES MAT [Dumbbell]	9:35-10:20 AQUAGYM [Heart] [Dumbbell]		08:50-9:40 POSTURAL & YOGA [Dumbbell]	09:45-10:30 METABOLIC WATER [Dumbbell] [Heart]			9:30-10:15 AQUAGYM [Dumbbell] [Heart]			10:00-10:20 ULTRA ADDOME [Dumbbell]				
					10:30-11:15 AQUATONE [Heart] [Dumbbell]					10:35-11:35 POSTURAL TRAINING [Dumbbell]			10:40-11:25 GAG [Heart] [Dumbbell]	10:45-11:30 AQUADANCE [Heart] [Dumbbell]	11:00-12:00 INDOORCYCLE [Heart]			
13:15-14:05 BODY CONDITIONING [Dumbbell] [Heart]			13:15-14:05 PUMP [Dumbbell] [Heart]		13:00-13:50 METABOLIC WATER [Dumbbell] [Heart]		13:00-13:55 INDOORCYCLE [Heart]	13:00-13:50 AQUAGYM [Dumbbell] [Heart]	13:15-14:05 GAG [Dumbbell] [Heart]	13:15-14:05 PILATES MAT [Dumbbell]		12:45-13:30 AQUAALTA [Dumbbell] [Heart]	13:15-14:05 ZUMBA [Heart]	13:15-14:00 FASST CIRCUIT [Dumbbell] [Heart]	12:45-13:30 AQUAGYM [Dumbbell] [Heart]	13:00-14:00 PILATES MAT [Dumbbell]		
		13:35-14:20 METABOLIC WATER [Dumbbell] [Heart]			14:00-14:50 AQUAGYM [Dumbbell] [Heart]	13:15-14:05 TOTAL BODY [Dumbbell] [Heart]		14:00-14:50 AQUASTEP [Dumbbell] [Heart]					13:35-14:20 BIKE&TONE [Dumbbell] [Heart]					
		14:25-15:10 AQUAGYM [Dumbbell] [Heart]				14:15-15:00 PILATES MAT [Dumbbell]						14:25-15:10 AQUACROSS [Heart] [Dumbbell]						
							17:30-18:20 YOGA [Dumbbell]											
17:30-18:15 POSTURAL & STRETCH [Dumbbell]		17:30-18:15 AQUABIGCIRCUIT [Dumbbell] [Heart]					18:25-19:10 BODY TONE [Dumbbell] [Heart]	17:30-18:15 AQUAGYM [Heart] [Dumbbell]	17:35-18:20 TONE UP [Dumbbell]	17:35-18:20 INDOOR CYCLE [Heart]		17:30-18:15 METABOLIC WATER [Dumbbell] [Heart]			10:00-10:45 JOLLY TERRA [Dumbbell]		11:00-11:45 JOLLY ACQUA [Dumbbell]	
18:20-19:05 X TEMPO [Dumbbell] [Heart]	18:15-19:10 INDOORCYCLE [Heart]	18:25-19:10 METABOLIC WATER [Dumbbell] [Heart]		18:05-18:50 PILATES MAT [Dumbbell]	18:35-19:20 AQUASTEP [Heart] [Dumbbell]		19:15-20:00 TOTAL BODY [Heart] [Dumbbell]	18:25-19:10 METABOLIC WATER [Heart] [Dumbbell]	18:25-19:10 TOTAL BODY [Heart] [Dumbbell]	18:20-19:15 INDOOR CYCLE [Heart]		18:30-19:15 AQUAGYM [Heart] [Dumbbell]	18:00-18:55 PILOGA [Dumbbell]	18:30-19:15 AQUACROSS [Heart] [Dumbbell]				
19:15-20:00 ZUMBA [Heart]	19:20-20:05 PUMP [Dumbbell]	19:15-20:00 AQUA CROSS [Heart]	18:15-19:00 TONE UP [Dumbbell]	19:10-20:05 INDOORCYCLE [Heart]	19:20-20:05 AQUAGYM [Heart] [Dumbbell]		20:20-21:05 THAI FIT [Dumbbell] [Heart]	19:15-20:00 AQUAGYM [Dumbbell] [Heart]	19:15-20:10 POSTURAL TRAINING [Dumbbell]	19:25-20:10 PUMP [Dumbbell]		19:20-20:05 BYKE&TONE [Heart] [Dumbbell]	19:00-19:50 TBF [Dumbbell] [Heart]	19:20-20:05 AQUAGYM [Heart] [Dumbbell]	NOTE:  prenota i corsi in reception. tel: 0521-257040 cell: 3285411444 oppure prenota on line www.sportcenterparma.it			
20:05-20:50 PILATES MAT [Dumbbell]	20:20-21:05 THAI FIT [Heart]	20:10-20:55 AQUAGYM [Dumbbell] [Heart]	19:05-19:50 GAG [Heart] [Dumbbell]	20:15-21:00 FASST CLASS [Dumbbell] [Heart]		20:05-20:55 PILATES MAT [Dumbbell]	19:15-20:00 FASST CIRCUIT [Heart] [Dumbbell]		20:15-21:00 FASST CLASS [Dumbbell] [Heart]	19:15-20:00 FASST CIRCUIT [Dumbbell] [Heart]								
	19:15-20:00 FASST CIRCUIT [Dumbbell] [Heart]		19:15-20:00 FASST CIRCUIT [Heart] [Dumbbell]															
	green		green				green			green								

orario apertura centro
 lun-gio 7:30 22:30
 venerdi 7:30 22 sabato
 domenica 8:00 20:30
 domenica

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

