



# Sport Center

DAL 10 al 16 settembre 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	
09:45-10:35 XTEMPO ENERGY	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 AQUAGYM		11:30-12:20 ZUMBA		
	10:35-11:30 POSTURAL TRAINING	9:30-10:15 AQUAGYM	10:30-11:15 TOTALBODY	09:30-10:25 PILATES MAT	9:35-10:20 AQUABIGCIRCUIT		08:50-9:40 POSTURAL & YOGA	09:45-10:30 METABOLIC WATER	09:45-10:30 TOTALBODY		9:30-10:15 AQUAGYM	9:35-10:30 PILATES MAT			13:00-13:50 PILATES MAT		11:50-12:35 AQUAALTA	
		10:30-11:15 AQUAALTA			10:30-11:15 AQUATONE		10:30-11:20 PILATES MAT	10:40-11:25 AQUAGYM		10:35-11:35 POSTURAL TRAINING		10:40-11:25 GAG		10:45-11:30 AQUABIGCIRCUIT	Cycling room			
13:15-14:05 BODY CONDITIONING	13:15-14:10 VINYASA YOGA		13:15-14:05 PUMP	13:15-14:05 PILATES MAT	13:00-13:50 METABOLIC WATER	13:15-14:10 VINYASA YOGA	13:15-14:00 FIT BOXE	13:00-13:50 AQUAGYM	13:15-14:05 TOTALBODY	13:15-14:05 PILATES MAT	12:45-13:30 AQUAALTA	13:15-14:05 ZUMBA	13:15-14:00 GAG	12:45-13:30 AQUAGYM	DOMENICA			
		13:35-14:20 METABOLIC WATER			14:00-14:50 AQUAGYM			14:00-14:50 AQUASTEP			13:35-14:20 BIKE&TONE		13:35-14:20 AQUABIGCIRCUIT	SALA 1 10:45-11:30 JOLLY	SALA 2 10:20-10:40 ULTRA ADDOME	ACQUA 09:45-10:30 JOLLY		
		14:25-15:10 AQUAGYM									14:25-15:10 AQUACROSS			Cycling room				
17:30-18:15 POSTURAL & STRETCH	18:45-19:30 PUMP	17:30-18:15 AQUABIGCIRCUIT	17:30-18:15 TONE UP			17:30-18:20 YOGA	18:45-19:30 PUMP	17:30-18:15 AQUAGYM	17:30-18:15 TONE UP		17:30-18:15 AQUATONE			ORARIO APERTURA CENTRO lun-mer-ven 06:30-23:00 mar-gio 7:30-23:00 sabato 08:00 21:00 domenica 08:00 19:00				
18:20-19:05 TBF	19:15-20:00 FASST CIRCUIT	18:25-19:10 METABOLIC WATER	18:20-19:05 GAG	18:10-19:00 PILATES MAT	18:25-19:10 AQUASTEP	18:20-19:05 BODY TONE	19:45-20:30 THAI FIT	18:25-19:10 METABOLIC WATER	18:20-19:05 TOTALBODY	18:45-19:30 PILATES MAT	18:25-19:10 AQUAGYM	18:00-18:55 PILOGA	18:15-19:00 AQUACROSS	NOTE:				
19:10-20:00 ZUMBA	19:45-20:30 THAI FIT	19:15-20:00 AQUAGYM	19:15-20:00 FASST CLASS	19:10-20:00 POSTURAL TRAINING	19:15-20:00 AQUAGYM	19:15-20:00 TOTAL BODY	19:15-20:00 FASST CIRCUIT	19:15-20:00 AQUAGYM	19:15-20:00 PUMP	19:40-20:30 POSTURAL TRAINING	19:20-20:05 BYKE&TONE	19:00-19:50 TBF	19:05-19:50 AQUAGYM	SPORT CENTER ERCOLENEGRI Piscine e Palestre prenota i corsi in reception. tel: 0521-257040 cell:3285411444 oppure prenota on line www.sportcenterparma.it				
20:05-20:55 PILATES MAT		20:10-20:55 AQUATONE	19:15-20:00 FASST CIRCUIT		20:10-20:55 HYDROBIKE	20:05-20:55 PILATES MAT			20:05-20:55 FASST CLASS	19:15-20:00 FASST CIRCUIT				Cycling room				
Cycling room			Cycling room			Cycling room			Cycling room			Cycling room						
13:10-14:05 INDOORCYCLE		19:15-20:10 INDOORCYCLE		18:15-19:10 INDOORCYCLE		13:10-14:05 INDOORCYCLE		19:15-20:10 INDOORCYCLE			19:15-20:10 INDOORCYCLE			18:45-19:40 INDOORCYCLE				

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