



Sport Center

DAL 20 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
		8:30-9:15 AQUASOFT			08:45 -09:30 AQUAALTA			08:45 -09:30 HYDROBIKE			8:30-9:15 AQUASOFT			08:45 -09:30 AQUAGYM	10:50 -11:35 JOLLY		
09:45-10:35 XTEMPO ENERGY	9:00-09:45 GINNASTICA DOLCE					09:45-10:30 PUMP					9:30-10:15 AQUAGYM	9:35-10:30 PILATES MAT			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		10:35-11:35 POSTURAL TRAINING	10:40-11:25 AQUAGYM			13:00-13:50 PILATES MAT		11:50 -12:35 AQUAALTA
10:45-11:40 PILATES MAT					10:30-11:15 AQUATONE		10:30-11:20 PILATES MAT	10:40-11:25 AQUAGYM					10:40-11.25 GAG				
		10.30-11.15 AQUAALTA													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 TOTAL BODY	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		11:00-12:00 INDOORCYCLE	
		13:35-14:20 METABOLIC WATER			14:00-14:50 AQUAGYM			14:00-14:50 AQUASTEP							DOMENICA		
		14:25-15:10 AQUAGYM									13:35-14:20 BIKE&TONE			13,35-14,20 AQUABIGCIRCUIT	10:45-11:30 JOLLY	10:20 -10:40 ULTRA ADDOME	09:45-10:30 JOLLY
											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		17:30-18:15 AQUAGYM	17:30-18:15 TONE UP		17:30-18:15 AQUATONE			10:00-10:55 INDOORCYCLE	11:00-11:55 INDOORCYCLE	dal 14 ottobre	
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	18.45-19.30 PUMP	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	18:15-19:10 TONE UP	18:15-19:00 AQUACROSS	ORARIO APERTURA CENTRO lun-mer-ven 06:30-23:00 mar-gio 7:30-23:00 08:00 21:00 sabato 08:00 19:00 domenica 08:00 19:00		
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	NOTE:		
20:10-21:00 PILATES MAT		20:10-20:55 AQUATONE	19:15-20:00 FASST CIRCUIT	20:05-20:50 TOTALBODY	20:10-20:55 HYDROBIKE	20:05-20:55 PILATES MAT	19:45-20:30 THAI FIT		20:05-20:50 FASST CLASS	19:15- 20:00 FASST CIRCUIT					SPORT CENTER ERCOLENEGRI Piscine e Palestre prenota i corsi in reception. tel: 0521-257040 cell:3285411444 oppure prenota on line www.sportcenterparma.it		
Cycling room			Cycling room			Cycling room			Cycling room			Cycling room					
13.10-14:05 INDOORCYCLE	18:15-19:10 INDOORCYCLE	19:15-20:10 INDOORCYCLE	10:30-11:25 INDOORCYCLE	18:15-19:10 INDOORCYCLE	19:15-20:10 INDOORCYCLE	13.10-14:05 INDOORCYCLE	18:15-19:10 INDOORCYCLE	19:15-20:10 INDOORCYCLE	10:00-10:55 INDOORCYCLE	18:15-19:10 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