



Sport Center

DAL 29 OTTOBRE 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]	Cycling Room		08:45 -09:30 AQUAALTA [Dumbbell] [Heart]			08:45 -09:30 AQUAGYM [Dumbbell] [Heart]			8:30-9:15 AQUASOFT [Dumbbell] [Heart]			08:45 -09:30 AQUAGYM [Dumbbell] [Heart]	10:50 -11:35 JOLLY	Cycling Room	
09:45-10:35 XTEMPO ENERGY [Dumbbell] [Heart]	9:00-09:45 GINNASTICA DOLCE [Person]	9:30-10:15 AQUAGYM [Dumbbell] [Heart]	10:30-11:25 INDOORCYCLE [Heart]	09:30-10:25 PILATES MAT [Person]	9:35-10:20 AQUABIGCIRCUIT [Dumbbell] [Heart] [Person]	09:45-10:30 PUMP [Dumbbell] [Heart]	08:50-9:40 POSTURAL & YOGA [Person]	09. 45-10:30 METABOLIC WATER [Dumbbell] [Heart]	09:45-10:30 TOTALBODY [Dumbbell] [Heart]		9:30-10:15 AQUAGYM [Dumbbell] [Heart]	9:35-10:30 PILATES MAT [Person]		10:45-11:30 AQUABIGCIRCUIT [Dumbbell] [Heart] [Person]	11:00-12:00 INDOORCYCLE [Heart]	11:50 -12:35 AQUAALTA [Dumbbell] [Heart]	
10:45-11:40 PILATES MAT [Person]	10:35-11:30 POSTURAL TRAINING [Person]	10:30-11:15 AQUAALTA [Dumbbell] [Heart]	10:30-11:15 TOTALBODY [Dumbbell] [Heart]		10:30-11:15 AQUATONE [Dumbbell] [Heart]		10:30-11:20 PILATES MAT [Person]	10:40-11:25 AQUAGYM [Dumbbell] [Heart]	10:00-10:55 Cycling Room	10:35-11:35 POSTURAL TRAINING [Person]		10:40-11:25 GAG [Dumbbell] [Heart]					
13:15 -14:05 BODY CONDITIONING [Dumbbell] [Heart]	13:15-14:10 VINYASA YOGA [Person]	13:35-14:20 METABOLIC WATER [Dumbbell] [Heart]	13:15-14:05 PUMP [Dumbbell]	13:15-14:05 PILATES MAT [Person]	13:00-13:50 METABOLIC WATER [Dumbbell] [Heart]	13:10-14:05 INDOORCYCLE [Heart]	13:15-14:00 FIT BOXE [Heart]	13:00-13:50 AQUAGYM [Dumbbell] [Heart]	13:15-14:05 TOTAL BODY [Dumbbell] [Heart]	13:15-14:05 PILATES MAT [Person]	12:45-13:30 AQUAALTA [Dumbbell] [Heart]	13:15-14:05 ZUMBA [Dumbbell] [Heart]	13:15-14:00 GAG [Dumbbell] [Heart]	12:45-13:30 AQUAGYM [Dumbbell] [Heart]			
Cycling Room		14:25-15:10 AQUAGYM [Dumbbell] [Heart]			14:00-14:50 AQUAGYM [Dumbbell] [Heart]	13:15-14:10 VINYASA YOGA [Person]		14:00-14:50 AQUASTEP [Dumbbell] [Heart]			13:35-14:20 BIKE&TONE [Dumbbell] [Heart] [Person]			13:35-14:20 AQUABIGCIRCUIT [Dumbbell] [Heart] [Person]			
13:10-14:05 INDOORCYCLE [Heart]											14:25-15:10 AQUACROSS [Dumbbell] [Heart]						
	Cycling Room																
	18:15-19:10 INDOORCYCLE [Heart]	17:30-18:15 AQUABIGCIRCUIT [Dumbbell] [Heart] [Person]	17:30-18:15 TONE UP [Dumbbell] [Heart]	18:10-19:00 PILATES MAT [Person]		17:30-18:20 YOGA [Person]	18:15-19:10 INDOORCYCLE [Heart]	17:30-18:15 AQUAGYM [Dumbbell] [Heart]	17:30-18:15 TONE UP [Dumbbell] [Heart]	18:15-19:10 INDOORCYCLE [Heart]	17:30-18:15 AQUATONE [Dumbbell] [Heart]			18:15-19:00 AQUACROSS [Dumbbell] [Heart]			
17:30-18:15 POSTURAL & STRETCH [Person]			18:45-19:30 PUMP [Dumbbell]	Cycling Room	18:25-19:10 AQUASTEP [Dumbbell] [Heart]	18:20-19:05 BODY TONE [Dumbbell] [Heart]	18:45-19:30 PUMP [Dumbbell]	18:25-19:10 METABOLIC WATER [Dumbbell] [Heart]	18:20-19:05 TOTALBODY [Dumbbell] [Heart]	18:45-19:30 PILATES MAT [Person]	18:25-19:10 AQUAGYM [Dumbbell] [Heart]	18:15-19:00 TONE UP [Dumbbell] [Heart]	18:00-18:55 PILOGA [Person]	19:05-19:50 AQUAGYM [Dumbbell] [Heart]			
18:20-19:05 TBF [Dumbbell] [Heart]	Cycling Room	18:25-19:10 METABOLIC WATER [Dumbbell] [Heart]	18:20-19:05 GAG [Dumbbell] [Heart]	18:15-19:10 INDOORCYCLE [Heart]	19:10-20:00 POSTURAL TRAINING [Person]	18:20-19:05 BODY TONE [Dumbbell] [Heart]	18:45-19:30 PUMP [Dumbbell]	18:25-19:10 METABOLIC WATER [Dumbbell] [Heart]	18:20-19:05 TOTALBODY [Dumbbell] [Heart]	18:45-19:30 PILATES MAT [Person]	18:25-19:10 AQUAGYM [Dumbbell] [Heart]	18:15-19:00 TONE UP [Dumbbell] [Heart]					
19:10-20:00 ZUMBA [Heart]	19:15-20:10 INDOORCYCLE [Heart]	19:15-20:00 AQUAGYM [Dumbbell] [Heart]	19:15-20:00 FASST CLASS [Dumbbell] [Heart]	19:10-20:00 POSTURAL TRAINING [Person]	19:15-20:00 AQUAGYM [Dumbbell] [Heart]	19:15-20:00 TOTAL BODY [Dumbbell] [Heart]	19:15- 20:00 FASST CIRCUIT [Dumbbell] [Heart] [green]	19:15-20:00 AQUAGYM [Dumbbell] [Heart]	19:15-20:00 PUMP [Dumbbell]	19:15- 20:00 FASST CIRCUIT [Dumbbell] [Heart] [green]	19:20-20:05 BYKE&TONE [Dumbbell] [Heart] [Person]	19:05-19:55 TBF [Dumbbell] [Heart]	Cycling Room				
20:10-21:00 PILATES MAT [Person]	19:15-20:00 FASST CIRCUIT [Dumbbell] [Heart] [green]	20:10-20:55 AQUATONE [Dumbbell] [Heart]	19:15-20:00 FASST CIRCUIT [Dumbbell] [Heart] [green]	Cycling Room	20:10-20:55 HYDROBIKE [Dumbbell] [Heart] [Person]	20:05-20:55 PILATES MAT [Person]	19:15-20:10 INDOORCYCLE [Heart]		Cycling Room	19:40-20:30 POSTURAL TRAINING [Person]			18:45-19:40 INDOORCYCLE [Heart]				
	19:45-20:30 THAI FIT [Heart]			20:05-20:50 TOTAL BODY [Dumbbell] [Heart]			19:45-20:30 THAI FIT [Heart]		20:05-20:50 FASST CLASS [Dumbbell] [Heart]								

DOMENICA		
SALA 1	SALA 2	ACQUA
Cycling Room		09:45-10:30 JOLLY
10:00-10:55 INDOORCYCLE [Heart]	11:00-11:55 INDOORCYCLE [Heart]	
10:45:11:30 JOLLY TERRA	10:20 -10:40 ULTRA ADDOME	

ORARIO APERTURA CENTRO
 lun-mer-ven 06:30-23:00
 gio 7:30-23:00
 08:00 21:00
 mar- sabato
 domenica
 08:00 19:00

NOTE:



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 Piscine e Palestre

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 in reception. tel: 0521-257040
 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