



# Sport Center

DAL 5 NOVEMBRE 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	Cycling Room		08:45 -09:30 AQUAALTA			08:45 -09:30 AQUAGYM			8:30-9:15 AQUASOFT			08:45 -09:30 AQUAGYM	10:50 -11:35 JOLLY	Cycling Room	
09:45-10:35 XTEMPO ENERGY	9:00-09:45 GINNASTICA DOLCE	9:30-10:15 AQUAGYM	10:30-11:25 INDOORCYCLE	09:30-10:25 PILATES MAT	9:35-10:20 AQUABIGCIRCUIT	09:45-10:30 PUMP	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		10:45-11:30 AQUABIGCIRCUIT	11:00-12:00 INDOORCYCLE	11:50 -12:35 AQUAALTA	
10:45-11:40 PILATES MAT	10:35-11:30 POSTURAL TRAINING	10:30-11:15 AQUAALTA	10:30-11:15 TOTALBODY		10:30-11:15 HYDROBIKE		10:30-11:20 PILATES MAT	10:40-11:25 AQUAGYM	10:00-10:55 INDOORCYCLE	10:35-11:35 POSTURAL TRAINING		10:40-11:25 GAG					
		13:35-14:20 METABOLIC WATER				Cycling Room				13:15-14:05 PILATES MAT							
13:15 -14:05 BODY CONDITIONING	13:15-14:10 VINYASA YOGA	14:25-15:10 AQUAGYM	13:15-14:05 PUMP	13:15-14:05 PILATES MAT	13:00-13:50 METABOLIC WATER	13:10-14:05 INDOORCYCLE	13:15-14:00 FIT BOXE	13:00-13:50 AQUAGYM	13:15-14:05 TOTAL BODY	12:45-13:30 AQUAALTA	13:15-14:05 ZUMBA	13:15-14:00 GAG	12:45-13:30 AQUAGYM				
Cycling Room					14:00-14:50 AQUAGYM	13:15-14:10 VINYASA YOGA		14:00-14:50 AQUASTEP		13:35-14:20 BIKE&TONE			13:35-14:20 AQUAGAG	DOMENICA			
13:10-14:05 INDOORCYCLE										14:25-15:10 AQUACROSS				SALA 1	SALA 2	ACQUA	
	Cycling Room													Cycling Room		09:45-10:30 JOLLY	
	18:15-19:10 INDOORCYCLE	17:30-18:15 AQUABIGCIRCUIT	17:30-18:15 TONE UP	18:10-19:00 PILATES MAT		17:30-18:20 YOGA	18:15-19:10 INDOORCYCLE	17:30-18:15 AQUAGYM	17:30-18:15 TONE UP	18:15-19:10 INDOORCYCLE	17:30-18:15 AQUATONE			10:00-10:55 INDOORCYCLE	11:00-11:55 INDOORCYCLE		
17:30-18:15 POSTURAL & STRETCH	18:45-19:30 PUMP	18:25-19:10 METABOLIC WATER	18:20-19:05 GAG	18:15-19:10 INDOORCYCLE	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	18:15-19:00 TONE UP	18:15-19:00 AQUACROSS	10:45:11:30 JOLLY TERRA	10:20 -10:40 ULTRA ADDOME		
18:20-19:05 TBF	Cycling Room																
19:10-20:00 ZUMBA	19:15-20:10 INDOORCYCLE	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	19:15- 20:00 FASST CIRCUIT	19:20-20:05 BYKE&TONE	19:05-19:55 TBF	18:00-18:55 PILOGA	ORARIO APERTURA CENTRO lun-mer-ven 06:30-23:00 mar- gio 7:30-23:00 sabato 08:00 21:00 08:00 19:00 domenica			
20:10-21:00 PILATES MAT	19:15-20:00 FASST CIRCUIT	20:10-20:55 AQUATONE	19:15-20:00 FASST CIRCUIT	19:15-20:10 INDOORCYCLE	20:10-20:55 HYDROBIKE	20:05-20:55 PILATES MAT	19:15-20:10 INDOORCYCLE		19:15-20:10 INDOORCYCLE	19:40-20:30 POSTURAL TRAINING				NOTE:			
	19:45-20:30 THAI FIT			20:05-20:50 TOTAL BODY			19:45-20:30 THAI FIT		20:05-20:50 FASST CLASS				18:45-19:40 INDOORCYCLE	SPORT CENTER ERCOLENEGRI Piscine e Palestre prenota i corsi 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