



Sport Center

DAL 7 GENNAIO 2019

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	Cycling Room		08:45-09:30		08:50-9:40	08:45-09:30			8:30-9:15			08:45-09:30	10:50-11:35		
	9:00-09:45	AQUASOFT	10:30-11:25		AQUAALTA		POSTURAL & YOGA	AQUAGYM	09:45-10:30		AQUASOFT			AQUAGYM	JOLLY	Cycling Room	
09:45-10:35	GINNASTICA DOLCE	🏊🏻🏠	INDOORCYCLE		🏊🏻🏠		🏋️🏠	🏊🏻🏠	🏋️🏠	TOTALBODY	🏊🏻🏠			🏋️🏠		11:00-12:00	
XTEMPO ENERGY	🏋️🏠	9:30-10:15	🏠	09:30-10:25	9:35-10:20			09.45-10:30	🏋️🏠	🏋️🏠	9:30-10:15			🏋️🏠	13:00-13:50	INDOORCYCLE	11:50-12:35
	10:35-11:30	AQUAGYM	10:30-11:15	PILATES MAT	AQUABIGCIRCUIT	09:45-10:30		METABOLIC WATER	🏋️🏠	🏋️🏠	AQUAGYM			🏋️🏠	PILATES MAT	🏠	AQUAALTA
10:45-11:40	POSTURAL TRAINING	🏋️🏠	TOTALBODY	🏋️🏠	🏋️🏠	PUMP		🏋️🏠	🏋️🏠	Cycling Room	10:00-10:55	10:35-11:35		🏋️🏠	🏋️🏠	11:30-12:20	🏋️🏠
		10:30-11:15	🏋️🏠		10:30-11:15	🏋️🏠		10:30-11:20	🏋️🏠	INDOORCYCLE	INDOORCYCLE	POSTURAL TRAINING		🏋️🏠	🏋️🏠	ZUMBA	🏋️🏠
		AQUAALTA	🏋️🏠		HYDROBIKE	🏋️🏠		PILATES MAT	🏋️🏠	🏠	🏠	🏋️🏠		🏋️🏠	🏋️🏠	🏠	🏋️🏠
		🏋️🏠			🏋️🏠			🏋️🏠	🏋️🏠					10:45-11:30			
13:15-14:05		13:35-14:20				Cycling Room								AQUABIGCIRCUIT			
BODY CONDITIONING	13:15-14:10	METABOLIC WATER	13:15-14:05		13:00-13:50	13.10-14:05	13:15-14:00	13:00-13:50	13:15-14:05	PILATES MAT				🏋️🏠	13:15-14:05	13:15-14:00	12:45-13:30
🏋️🏠	VINYASA YOGA	🏋️🏠	PUMP	13:15-14:05	METABOLIC WATER	INDOORCYCLE	FIT BOXE	AQUAGYM	TOTAL BODY	🏋️🏠				🏋️🏠	ZUMBA	GAG	AQUAGYM
Cycling Room	🏋️🏠	14:25-15:10	🏋️🏠	PILATES MAT	🏋️🏠	🏠	🏠	🏋️🏠	🏋️🏠					🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠
13:10-14:05		AQUAGYM			14:00-14:50	13:15-14:10		14:00-14:50						13:35-14:20			
INDOORCYCLE		🏋️🏠			AQUAGYM	VINYASA YOGA		AQUASTEP						BIKE&TONE			
		🏋️🏠			🏋️🏠	🏋️🏠		🏋️🏠						🏋️🏠			
	Cycling Room													14:25-15:10			
	18:15-19:10						Cycling Room							AQUACROSS			
	INDOORCYCLE													🏋️🏠			
17:30-18:15	POSTURAL & STRETCH	17:30-18:15	17:30-18:15	PILATES MAT	17:30-18:15	17:30-18:20	18:15-19:10	17:30-18:15	17:30-18:15	18:15-19:10	17:30-18:15	17:30-18:15	18:15-19:10	17:30-18:15			
🏋️🏠	🏋️🏠	AQUABIGCIRCUIT	TONE UP	🏋️🏠	🏋️🏠	YOGA	INDOORCYCLE	AQUAGYM	TONE UP	INDOORCYCLE	AQUATONE	AQUATONE	AQUATONE	AQUATONE			
	18:45-19:30	🏋️🏠	🏋️🏠	Cycling Room	18:20-19:05	18:20-19:05	18:45-19:30	18:25-19:10	18:20-19:05	18:45-19:30	18:25-19:10	18:15-19:00	18:00-18:55	18:15-19:00			
	PUMP	18:25-19:10	GAG	INDOORCYCLE	AQUASTEP	BODY TONE	PUMP	METABOLIC WATER	TOTALBODY	PILATES MAT	AQUAGYM	TONE UP	PILOGA	AQUACROSS			
	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠			
19:10-20:00	ZUMBA	19:15-20:00	19:15-20:00	POSTURAL TRAINING	19:15-20:00	19:15-20:00	19:15-20:00	19:15-20:00	19:15-20:00	19:20-20:05	19:05-19:55	19:05-19:55	Cycling Room	19:05-19:50			
🏋️🏠	INDOORCYCLE	AQUAGYM	FASST CLASS	🏋️🏠	AQUAGYM	TOTAL BODY	FASST CIRCUIT	AQUAGYM	PUMP	BYKE&TONE	TBF	TBF	18:45-19:40	AQUAGYM			
	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	🏋️🏠	INDOORCYCLE	🏋️🏠			
20:10-21:00	PILATES MAT	20:10-20:55		Cycling Room	20:10-20:55	20:05-20:55	Cycling Room		Cycling Room	19:40-20:30							
	FASST CIRCUIT	AQUATONE		19:15-20:10	HYDROBIKE	STANDING PILATES	19:15-20:10		19:15-20:10	POSTURAL TRAINING							
	🏋️🏠	🏋️🏠		INDOORCYCLE	🏋️🏠	🏋️🏠	INDOORCYCLE		INDOORCYCLE	🏋️🏠							
	19:45-20:30			20:05-20:50			19:45-20:30		20:05-20:50								
	THAI FIT			TOTAL BODY			THAI FIT		FASST CLASS								
	🏋️🏠			🏋️🏠			🏋️🏠		🏋️🏠								

DOMENICA		
SALA 1	SALA 2	ACQUA
Cycling Room		09:45-10:30
10:00-10:55	Cycling Room	JOLLY
INDOORCYCLE	11:00-11:55	
🏠	INDOORCYCLE	
	🏠	
10:45:11:30	10:20-10:40	
JOLLY TERRA	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:


 SPORT CENTER ERCOLE NEGRI
 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