# Sport Center

## DAL 11 FEBBRAIO 2019

### LUNEDI`

| SALA 1 | SALA 2 | ACQUA |
|---|---|---|
| | | 8:30-9:15 AQUASOFT |
| 09:45-10:35 XTEMPO ENERGY | 9:00-09:45 GINNASTICA DOLCE | 9:30-10:15 AQUAGYM |
| 10:45-11:40 PILATES MAT | 10:35-11:30 POSTURAL TRAINING | 10:30-11:15 AQUAALTA |
| 13:15 -14:05 BODY CONDITIONING | 13:15-14:10 VINYASA YOGA | 13:35-14:20 METABOLIC WATER |
| Cycling Room 13:10-14:05 INDOORCYCLE | | 14:25-15:10 AQUAGYM |
| | Cycling Room 18:15-19:10 INDOORCYCLE | 17:30-18:15 AQUABIGCIRCUIT |
| 17:30-18:15 POSTURAL& STRETCH | 18:45-19.30 PUMP | 18:25-19:10 METABOLIC WATER |
| 18:20-19:05 TBF | Cycling Room 19:15-20:10 INDOORCYCLE mattia | 19:15-20:00 AQUAGYM |
| 19:10-20:00 ZUMBA | 19:15-20:00 FASST CIRCUIT green | 20:10-20:55 AQUATONE |
| 20:10-21:00 PILATES MAT | 19:45-20:30 THAI FIT | |

### MARTEDI`

| SALA 1 | SALA 2 | ACQUA |
|---|---|---|
| Cycling Room 10:30-11:25 INDOORCYCLE | | 08:45 -09:30 AQUAALTA |
| 10:30-11:15 TOTALBODY | 09:30-10:25 PILATES MAT | 9:35-10:20 AQUABIGCIRCUIT |
| | | 10:30-11:15 HYDROBIKE |
| 13:15-14:05 PUMP | 13:15-14:05 PILATES MAT | 13:00-13:50 METABOLIC WATER |
| | | 14:00-14:50 AQUAGYM |
| 17:30-18:15 TONE UP | 18:10-19:00 PILATES MAT | |
| 18:20-19:05 GAG | Cycling Room 18:15-19:10 INDOORCYCLE | 18:25-19:10 AQUASTEP |
| 19:15-20:00 FASST CLASS | 19:10-20:00 POSTURAL TRAINING | 19:15-20:00 AQUAGYM |
| | Cycling Room 19:15-20:10 INDOORCYCLE | 20:10-20:55 HYDROBIKE |
| | 20:05-20:50 TOTAL BODY | |

### MERCOLEDI`

| SALA 1 | SALA 2 | ACQUA |
|---|---|---|
| | 08:50-9:40 POSTURAL & YOGA | 08:45 -09:30 AQUAGYM |
| 09:45-10:30 PUMP | | 09. 45-10.30 METABOLIC WATER |
| | 10:30-11:20 PILATES MAT | 10:40-11:25 AQUAGYM |
| 13:15-14:10 VINYASA YOGA | 13:15-14:00 FIT BOXE | 13:00-13:50 AQUAGYM |
| | | 14:00-14:50 AQUASTEP |
| 17:30-18:20 YOGA | Cycling Room 18:15-19:10 INDOORCYCLE | 17:30-18:15 AQUAGYM |
| 18:20-19:05 BODY TONE | 18.45-19.30 PUMP | 18:25-19:10 METABOLIC WATER |
| 19:15-20.00 TOTAL BODY | 19:15- 20:00 FASST CIRCUIT green | 19:15-20:00 AQUAGYM |
| 20:05-20:55 STANDING PILATES | Cycling Room 19:15-20:10 INDOORCYCLE | |
| | 19:45-20:30 THAI FIT | |

### GIOVEDI`

| SALA 1 | SALA 2 | ACQUA |
|---|---|---|
| | | 8:30-9:15 AQUASOFT |
| 09:45-10:30 TOTALBODY | | 9:30-10:15 AQUAGYM |
| | 10:35-11:35 POSTURAL TRAINING | |
| Cycling Room 13.10-14:05 INDOORCYCLE | | 12:45-13:30 AQUAALTA |
| | 13:15-14:05 PILATES MAT | 13:35-14:20 BIKE&TONE |
| 13:15-14:05 TOTAL BODY | | 14:25-15:10 AQUACROSS |
| 17:30-18:15 TONE UP | Cycling Room 18:15-19:10 INDOORCYCLE | 17:30-18:15 AQUATONE |
| 18.20-19.05 TOTALBODY | 18:45-19.30 PILATES MAT | 18:25-19:10 AQUAGYM |
| 19:15-20:00 PUMP | | 19:20-20:05 BYKE&TONE |
| Cycling Room 19:15-20:10 INDOORCYCLE | 19:40-20:30 POSTURAL TRAINING | |
| 20:05-20:50 FASST CLASS | | |

### VENERDI`

| SALA 1 | SALA 2 | ACQUA |
|---|---|---|
| | | 08:45 -09:30 AQUAGYM |
| 9:35-10:30 PILATES MAT | Cycling Room 10:00-10:55 INDOORCYCLE | 10:45-11:30 AQUABIGCIRCUIT |
| 10:40-11.25 GAG | | |
| 13:15-14:05 ZUMBA | 13:15-14:00 GAG | 12:45-13:30 AQUAGYM |
| | | 13:35-14:20 AQUAGAG |
| 18:15-19:00 TONE UP | 18:00-18:55 PILOGA | 18:15-19.00 AQUACROSS |
| 19:05-19:55 TBF | Cycling Room 18:45-19:40 INDOORCYCLE | 19.05-19:50 AQUAGYM |

### SABATO

| SALA 1 | SALA 2 | ACQUA |
|---|---|---|
| 10:50 -11:35 JOLLY | Cycling Room 11:00-12:00 INDOORCYCLE | 11:50 -12:35 AQUAALTA |
| 13:00-13:50 PILATES MAT | 11:30-12:20 ZUMBA | |

### DOMENICA

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

**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**

**NOTE:**

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