



Sport Center

DAL 18 MARZO 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 AQUASOFT	Cycling Room		08:45-09:30 AQUAALTA		08:50-9:40 POSTURAL & YOGA	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			9:35-10:30 PILATES MAT		Cycling Room	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						10:35-11:35 POSTURAL TRAINING		10:40-11:25 GAG	10:00-10:55 INDOORCYCLE	10:45-11:30 AQUABIGCIRCUIT			
13:15-14:05 BODY CONDITIONING	13:15-14:10 VINYASA YOGA	13:35-14:20 METABOLIC WATER	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	14:00-14:50 AQUAGYM			13:10-14:05 INDOORCYCLE		13:35-14:20 BIKE&TONE	13:15-14:00 GAG	12:45-13:30 AQUAGYM			
Cycling Room		14:25-15:10 AQUAGYM			14:00-14:50 AQUAGYM													
13:10-14:05 INDOORCYCLE																		
	Cycling Room																	
	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							
18:20-19:05 TBF	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				
	Cycling Room																	
19:10-20:00 ZUMBA	19:15-20:10 INDOORCYCLE mattia	19:15-20:00 AQUAGYM	19:15-20:00 FASST AXT	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	19:20-20:05 BYE&TONE	19:05-19:55 TBF		18:00-18:55 PILOGA	19:05-19:50 AQUAGYM				
20:10-21:00 PILATES MAT	19:15-20:00 FASST CIRCUIT	20:10-20:55 AQUATONE		Cycling Room	20:10-20:55 HYDROBIKE	20:05-20:55 STANDING PILATES	Cycling Room		Cycling Room	19:40-20:30 POSTURAL TRAINING								
	19:45-20:30 FIT BOXE			19:15-20:10 INDOORCYCLE			19:15-20:10 INDOORCYCLE		19:15-20:10 INDOORCYCLE									
				20:05-20:50 TOTAL BODY			19:45-20:30 FIT BOXE		20:05-20:50 FASST AXT									

DOMENICA

SALA 1	SALA 2	ACQUA
Cycling Room		09:45-10:30 JOLLY
10:00-10:55 INDOORCYCLE	11:00-11:55 INDOORCYCLE	
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:

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