



Sport Center

DAL 1 APRILE 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 		10:30-11:25 INDOORCYCLE 						09:45-10:30 TOTALBODY 			9:35-10:30 PILATES MAT 				11:00-12:00 Cycling Room		
	10:35-11:30 POSTURAL TRAINING 	9:30-10:15 AQUAGYM 		09:30-10:25 PILATES MAT 	9:35-10:20 AQUABIGCIRCUIT 	09:45-10:30 PUMP 		09:45-10:30 METABOLIC WATER 				9:30-10:15 AQUAGYM 	Cycling Room		13:00-13:50 PILATES MAT 	11:50-12:35 AQUAALTA 		
10:45-11:40 PILATES MAT 		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 			10:35-11:35 POSTURAL TRAINING 		10:40-11:25 GAG 	10:00-10:55 INDOORCYCLE 	10:45-11:30 AQUABIGCIRCUIT 	11:30-12:20 ZUMBA 		
		13:35-14:20 METABOLIC WATER 							Cycling Room									
13:15-14:05 BODY CONDITIONING 	13:15-14:10 VINYASA YOGA 		13:15-14:05 PUMP 	13:15-14:05 PILATES MAT 		13:15-14:10 VINYASA YOGA 	13:15-14:00 FIT BOXE 	13:00-13:50 AQUAGYM 	13:10-14:05 INDOORCYCLE 			13:15-14:05 BIKE&TONE 	13:15-14:00 GAG 	12:45-13:30 AQUAGYM 				
Cycling Room		14:25-15:10 AQUAGYM 			14:00-14:50 AQUAGYM 						13:15-14:05 PILATES MAT 							
13:10-14:05 INDOORCYCLE 																		
	Cycling Room																	
	18:15-19:10 INDOORCYCLE 			18:10-19:00 PILATES MAT 														
17:30-18:15 POSTURAL & STRETCH 		17:30-18:15 AQUABIGCIRCUIT 	17:30-18:15 TONE UP 	Cycling Room		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 	17:25-18:10 AQUATONE 							
	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 	18:00-18:55 PILOGA 	18:15-19:00 AQUACROSS 				
18:20-19:05 TBF 	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 	19:15-20:00 AQUAGYM 	19:20-20:05 BYKE&TONE 	19:05-19:55 TBF 	19:05-19:50 AQUAGYM 					
	20:10-21:00 PILATES MAT 	19:15-20:00 FASST CIRCUIT 	20:10-20:55 AQUATONE 		20:10-20:55 HYDROBIKE 	20:05-20:55 STANDING PILATES 												
		19:45-20:30 FIT BOXE 		Cycling Room			Cycling Room											
			19:15-20:10 INDOORCYCLE 				19:15-20:10 INDOORCYCLE 											
			20:05-20:50 TOTAL BODY 				19:45-20:30 FIT BOXE 											

DOMENICA

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 & 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