



# Sport Center

DAL 22 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	GINNASTICA DOLCE		10:30-11:25 INDOORCYCLE						09:45-10:30 TOTALBODY			9:35-10:30 PILATES MAT				11:00-12:00 INDOORCYCLE	
	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				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 BEACH PROGRAM	10:00-10:55 Cycling Room	10:45-11:30 AQUABIGCIRCUIT		11:30-12:20 ZUMBA	
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	13:00-13:50 AQUAGYM	13:10-14:05 INDOORCYCLE			13:15-14:05 BIKE&TONE	13:15-14:00 BEACH PROGRAM	12:45-13:30 AQUAGYM			
Cycling Room		14:25-15:10 AQUAGYM		14:00-14:50 AQUAGYM				14:00-14:50 AQUASTEP	13:15-14:00 BEACH PROGRAM			14:25-15:10 AQUACROSS		13:35-14:20 AQUAGYM	DOMENICA		
13:10-14:05 INDOORCYCLE															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 Cycling Room	18:15-19:10 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	17:25-18:10 AQUATONE			13:35-14:20 AQUAGYM	10:00-10:55 INDOORCYCLE	10:20-10:40 ULTRA ADDOME	
	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 BEACH PROGRAM	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			
18:20-19:05 TBF	Cycling Room		19:15-20:00 FASST AXT	19:15-20:00 INDOORCYCLE	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 BYKE&TONE	19:05-19:55 TBF			18:00-18:55 PILOGA			
19:10-20:00 ZUMBA	19:15-20:10 INDOORCYCLE mattia	19:15-20:00 AQUAGYM		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 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		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					18:45-19:40 Cycling Room			
				20:05-20:50 BEACH PROGRAM			19:45-20:30 FIT BOXE		20:05-20:50 FASST AXT					INDOORCYCLE			

TUTTI I CORSI SONO A PRENOTAZIONE POTREBBERO SUBIRE MODIFICHE O SOSPENSIONI PER AFLUENZA INFERIORE AL NUMERO MINIMO PREVISTO

**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  
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[www.sportcenterparma.it](http://www.sportcenterparma.it)