PLANNING SPORT CENTER — DAL 3 GIUGNO 2019

LUNEDI`

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

MARTEDI`

SALA 1	SALA 2	ACQUA
		8:45-9:30 AQUAALTA
	09:30-10:25 PILATES MAT tiziana	9:35-10:20 AQUABIGCIRCUIT martina l.
10:30-11:15 TOTALBODY		10:30-11:15 HYDROBIKE
		13:00-13:50 METABOLIC WATER
13:15-14:05 PUMP	13:15-14:05 PILATES MAT	14:00-14:50 AQUAGYM
17:30-18:15 TONE UP		
18:20-19:05 GAG	18:10-19:00 PILATES MAT	18:25-19:10 AQUASTEP
19:15-20:00 FASST AXT	19:10-20:00 POSTURAL TRAINING	19:15-20:00 AQUAGYM
	Cycling Room 19:15-20:10 INDOORCYCLE	20:10-20:55 HYDROBIKE

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
		13:00-13:50 AQUAGYM
13:15-14:10 VINYASA YOGA	13:15-14:00 FIT BOXE	14:00-14:50 AQUASTEP
17:30-18:15 YOGA maria luigia		17:30-18:15 AQUAGYM
18:20-19:05 BODY TONE	18.45-19.30 BEACH PROGRAM	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	

GIOVEDI`

SALA 1	SALA 2	ACQUA
09:45-10:30 TOTALBODY	8:50-9:40 POSTURAL & YOGA	8:30-9:15 AQUASOFT
		9:30-10:15 AQUAGYM
	10:35-11:35 POSTURAL TRAINING	
13:15-14:05 BEACH PROGRAM	13:15-14:05 PILATES MAT	13:35-14:20 BIKE&TONE
	Cycling Room 13:10-14:05 INDOORCYCLE	14:25-15:10 AQUACROSS
17:30-18:15 TONE UP	Cycling Room 18:15-19:10 INDOORCYCLE	17:25-18:10 AQUATONE
18.20-19.05 TOTALBODY	18:45-19.30 PILATES MAT	18:25-19:10 AQUAGYM
19:15-20:00 PUMP	Cycling Room 19:15-20:10 INDOORCYCLE	19:20-20:05 BIKE & TONE

VENERDI`

SALA 1	SALA 2	ACQUA
		08:45 -09:30 AQUAGYM
9:35-10:30 PILATES MAT		valeria
10:40-11.25 BEACH PROGRAM		10:45-11:30 AQUABIGCIRCUIT
		12:45-13:30 AQUAGYM
13:15-14:05 ZUMBA	13:15-14:00 BEACH PROGRAM	13:35-14:20 AQUAGAG
17:30-18:15 TONE UP	18:00-18:55 PILOGA	18:15-19.00 AQUACROSS
19:05-19:55 TBF		19.05-19:50 AQUAGYM

SABATO

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

DOMENICA

SALA 1	SALA 2	ACQUA
10:00-10:45 JOLLY TERRA	Cycling Room 10:00-11:00 INDOORCYCLE rotazione	
10:45-11:10 ULTRA ADDOME		11:00-11:45 JOLLY

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

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oppure prenota on line
www.sportcenterparma.it