


# SPORT CENTER

**DAL 15 LUGLIO 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	
09:45-10:35 XTEMPO ENERGY valeria	10:35-11:30 POSTURAL TRAINING tiziana	8:30-9:15 AQUASOFT eugenia	10:30-11:15 TOTALBODY tiziana	09:30-10:25 PILATES MAT tiziana	8:30-9:15 AQUAALTA martina l. /agatha	09:45-10:30 PUMP mattia c.	10:30-11:20 PILATES MAT annabella	08:45-09:30 AQUAGYM annabella	09:45-10:30 TOTALBODY tiziana	10:35-11:35 POSTURAL TRAINING tiziana	09:30-10:15 AQUAGYM martina l. /agatha	13:15-14:05 ZUMBA valeria	13:15-14:00 BEACH PROGRAM tiziana	08:45-09:30 AQUAGYM valeria	10:50-11:35 JOLLY rotazione	11:50-12:35 AQUAALTA rotazione	13:00-13:50 PILATES MAT emanuele	
13:15-14:05 BODY CONDITIONING enrico	13:35-14:20 METABOLIC WATER valeria	13:30-14:15 AQUAGYM eugenia	13:15-14:05 PUMP mattia c.	13:15-14:05 PILATES MAT emanuele	13:00-13:50 METABOLIC WATER martina l. /agatha	13:15-14:00 FIT BOXE tiziana	13:15-14:00 AQUAGYM marcello	13:00-13:50 AQUAGYM marcello	13:15-14:05 BEACH PROGRAM michela g.	13:35-14:20 BIKE&TONE martina l. /agatha	13:35-14:20 AQUAGAG laura	13:15-14:05 ZUMBA valeria	13:15-14:00 BEACH PROGRAM tiziana	12:45-13:30 AQUAGYM laura	<b>DOMENICA</b>			
17:30-18:15 POSTURAL & STRETCH valeria	17:30-18:15 AQUABIGCIRCUIT agatha	17:30-18:15 TONE UP sara	17:30-18:15 TONE UP sara	18:00-18:45 AQUASTEP marcello	14:00-14:50 AQUAGYM martina l. /agatha	17:30-18:15 AQUAGYM agatha	17:30-18:15 AQUAGYM agatha	17:25-18:10 AQUATONE agatha	14:25-15:10 AQUACROSS martina l. /agatha	14:25-15:10 AQUACROSS martina l. /agatha	10:00-10:45 JOLLY TERRA rotazione	10:45-11:10 ULTRA ADDOME	11:00-11:45 JOLLY rotazione	<b>ORARIO APERTURA CENTRO</b> lun-mer-ven 06:30-21:30 mar-gio 7:30-21:30 sabato-domenica 08:00 - 20:30				
18:20-19:05 TBF valeria	18:45-19:30 PUMP michela g.	18:25-19:10 METABOLIC WATER federica	18:20-19:05 GAG michela p.	18:10-19:00 PILATES MAT ilaria	18:50-19:35 AQUAGYM marcello	18:20-19:05 BODY TONE sara	18:45-19:30 BEACH PROGRAM michela g.	18:25-19:10 METABOLIC WATER federica	18:20-19:05 TOTALBODY sara	18:10-19:00 PILATES MAT ilaria	18:25-19:10 AQUAGYM elena	18:15-19:00 TONE UP sara	18:00-18:55 PILOGA valeria	18:15-19:00 AQUACROSS agatha	<b>NOTE:</b>			
19:10-20:00 ZUMBA valeria	19:15-20:00 FASST CIRCUIT green	19:15-20:00 AQUAGYM agatha	19:15-20:00 FASST AXT michela p.	19:40-20:25 HYDROBIKE federica	19:15-20:00 TOTAL BODY sara	19:15-20:00 TOTAL BODY sara	19:15-20:00 FASST CIRCUIT green	19:15-20:00 AQUAGYM elena	19:15-20:00 PUMP sara	19:05-19:55 TBF valeria	19:05-19:50 AQUAGYM agatha	19:05-19:50 AQUAGYM agatha	 prenota i corsi in reception. tel: 0521-257040 oppure prenota on line <a href="http://www.sportcenterparma.it">www.sportcenterparma.it</a>					
			<b>SALA 2</b>				20:05-20:55 STANDING PILATES emanuele		<b>SALA 2</b>									
				19:15-20:10 INDOORCYCLE rotazione						19:15-20:10 INDOORCYCLE rotazione								

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