

PLANNING SPORT CENTER

DAL 2 SETTEMBRE 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	
6:40-7:10 RISVEGLIO MUSCOLARE CINEFIT			6:40-7:10 YOGA CINEFIT			6:40-7:10 RISVEGLIO MUSCOLARE CINEFIT			6:40-7:10 YOGA CINEFIT			6:40-7:05 CIRCUITO CINEFIT			08:10-08:40 RISVEGLIO MUSCOLARE CINEFIT			
7:15-7:45 YOGA CINEFIT			7:15-7:40 CIRCUITO CINEFIT			7:15-7:45 ADDOME CINEFIT			7:15-7:45 GLUTEI CINEFIT			7:15-7:45 YOGA CINEFIT			08:45-9:10 CIRCUITO CINEFIT			
7:50-8:10 FUNZIONALE CINEFIT			7:45-8:15 GAG CINEFIT			7:50-8:20 STRETCHING CINEFIT			7:50-8:20 ADDOME CINEFIT			7:50-8:20 GLUTEI CINEFIT			9:15-9:45 GAG CINEFIT			
8:15-8:45 GAG CINEFIT	08:50-9:35 GINNASTICA DOLCE	8:30-09:15 AQUASOFT	8:20-8:40 FUNZIONALE CINEFIT			8:25-8:55 GLUTEI CINEFIT	08:50-9:35 POSTURAL & YOGA	08:45-09:30 AQUAGYM	8:25-8:45 FUNZIONALE CINEFIT			8:25-8:50 CIRCUITO CINEFIT		08:45-09:30 AQUAGYM	9:50-10:20 GLUTEI CINEFIT	10:30-11:15 JOLLY rotazione		
09:40-10:25 STEP FUNZIONALE		9:30-10:15 AQUAGYM	09:55-10:25 STRETCHING CINEFIT	09:30-10:15 PILATES MAT	09:35-10:20 AQUABIGCIRCUIT	09:40-10:25 PUMP		09:40-10:25 METABOLIC WATER	09:30-10:15 TOTALBODY			9:30-10:15 AQUAGYM	9:35-10:20 PILATES MAT		10:25-10:45 FUNZIONALE CINEFIT	11:00-11:55 CYCLE ROOM ROTAZIONE		
10:35-11:20 PILATES MAT	10:30-11:15 POSTURAL TRAINING	10:30-11:15 AQUAALTA	10:30-11:15 TOTALBODY tiziana	10:00-10:55 katia CYCLE ROOM	10:30-11:15 HYDROBIKE	10:30-11:15 PILATES MAT	10:30-11:15 AQUAGYM	10:30-11:15 AQUAGYM	10:20-10:50 ADDOME CINEFIT	10:30-11:15 POSTURAL TRAINING		10:30-11:15 GAG	10:00-10:55 sabrina CYCLE ROOM	10:30-11:15 AQUABIGCIRCUIT	10:50-11:20 ADDOME CINEFIT	11:50-12:35 AQUAALTA rotazione		
12:40-13:10 ADDOME CINEFIT			12:40-13:10 YOGA CINEFIT			12:40-13:10 GLUTEI CINEFIT			12:50-13:10 FUNZIONALE CINEFIT			12:40-13:10 GAG CINEFIT			11:25-11:55 YOGA CINEFIT			
13:15-14:00 STEP FUNZIONALE	13:15-14:00 VINYASA YOGA	13:15-14:00 METABOLIC WATER	13:15-14:00 PUMP	13:15-14:00 PILATES MAT	13:00-13:45 METABOLIC WATER	13:15-14:00 VINYASA YOGA	13:15-14:00 FIT BOXE	13:15-14:00 AQUAGYM	13:15-14:00 ABS	13:15-14:00 PILATES MAT	13:15-14:00 METABOLIC WATER	13:15-14:00 ZUMBA	13:15-14:00 GAG	13:15-14:00 AQUAGAG	12:05-12:35 STRETCHING CINEFIT			
14:05-14:35 STRETCHING CINEFIT	13:10-14:05 CYCLE ROOM	14:15-15:00 AQUAGYM	14:05-14:35 STRETCHING CINEFIT			14:05-14:35 STRETCHING CINEFIT		14:05-14:50 AQUASTEP	14:05-14:35 STRETCHING CINEFIT	13:10-14:05 CYCLE ROOM	14:15-15:00 AQUACROSS	14:05-14:35 STRETCHING CINEFIT		14:05-14:50 AQUAGYM	16:30-17:00 ADDOME CINEFIT			
14:40-15:10 ADDOME CINEFIT			14:40-15:05 CIRCUITO CINEFIT			14:40-15:00 FUNZIONALE CINEFIT			14:40-15:10 ADDOME CINEFIT			14:40-15:05 CIRCUITO CINEFIT			17:05-17:30 CIRCUITO CINEFIT			
15:15-15:40 CIRCUITO CINEFIT			15:10-15:30 FUNZIONALE CINEFIT			15:05-15:35 ADDOME CINEFIT			15:10-15:40 CIRCUITO CINEFIT			15:10-15:30 FUNZIONALE CINEFIT						
16:00-16:20 FUNZIONALE CINEFIT			16:00-16:30 ADDOME CINEFIT			16:00-16:30 GAG CINEFIT			16:00-16:20 FUNZIONALE CINEFIT			16:00-16:30 ADDOME CINEFIT						
16:55-17:25 ADDOME CINEFIT			16:55-17:20 CIRCUITO CINEFIT			16:55-17:25 STRETCHING CINEFIT			16:55-17:25 GAG CINEFIT			16:55-17:25 ADDOME CINEFIT						
17:30-18:15 MOBILITY	18:15-19:10 CYCLE ROOM	17:30-18:15 AQUABIGCIRCUIT	17:30-18:15 DAS	18:15-19:10 CYCLE ROOM		17:30-18:15 VINYASA YOGA	18:15-19:10 CYCLE ROOM	17:30-18:15 AQUAGYM	17:30-18:15 PUMP	18:15-19:10 CYCLE ROOM	17:30-18:15 AQUAGYM	17:30-17:50 FUNZIONALE CINEFIT			10:10-10:40 ADDOME CINEFIT			
18:20-19:05 TOTAL BODY	18:45-19:30 PUMP	18:20-19:05 METABOLIC WATER	18:20-19:05 GAG	18:45-19:30 PILATES MAT	18:20-19:05 AQUASTEP	18:20-19:05 BODY TONE	18:45-19:30 TOTAL BODY	18:20-19:05 METABOLIC WATER	18:20-19:05 MET	18:45-19:30 PILATES MAT	18:20-19:05 AQUATONE	18:20-19:05 ABS	18:45-19:30 POWER YOGA	18:20-19:05 AQUACROSS	10:40-11:05 CIRCUITO CINEFIT	10:45-11:30 JOLLY TERRA rotazione		
19:10-19:55 ZUMBA	19:15-20:00 GREEN	19:10-19:55 AQUAGYM	19:10-19:55 FASST AXT	19:35-20:20 POSTURAL TRAINING	19:10-19:55 AQUAGYM	19:10-19:55 PUMP	19:15-20:00 GREEN	19:10-19:55 AQUAGYM	19:10-19:55 FASST AXT	19:10-19:55 AQUACIRCUIT	19:10-19:55 GAG	19:10-19:55 GAG	19:15-20:00 GREEN	19:10-19:55 AQUAGYM	15:00-15:30 YOGA CINEFIT			
20:00-20:45 PILATES MAT	19:40-20:25 GAS	20:00-20:45 AQUATONE	20:00-20:45 TOTAL BODY		20:00-20:45 HYDROBIKE	20:00-20:45 STANDING PILATES	19:40-20:25 FIT BOXE		20:00-20:45 MOBILITY			20:00-20:30 STRETCHING CINEFIT	19:00-19:55 CYCLE ROOM		15:35-16:05 ADDOME CINEFIT			
20:50-21:10 FUNZIONALE CINEFIT	19:15-20:10 CYCLE ROOM		20:50-21:20 ADDOME CINEFIT	19:15-20:10 CYCLE ROOM		20:50-21:20 YOGA	19:15-20:10 CYCLE ROOM		20:50-21:20 ADDOME CINEFIT	19:15-20:10 CYCLE ROOM		20:35-21:05 GLUTEI CINEFIT			16:15-16:35 FUNZIONALE CINEFIT			
21:20-21:45 CIRCUITO CINEFIT			21:25-21:45 FUNZIONALE CINEFIT			21:25-21:55 ADDOME CINEFIT			21:25-21:45 FUNZIONALE CINEFIT			21:10-21:40 ADDOME CINEFIT						
21:50-22:20 STRETCHING CINEFIT			21:50-22:20 STRETCHING CINEFIT			22:00-22:30 STRETCHING CINEFIT			21:50-22:20 STRETCHING CINEFIT			21:45-22:15 STRETCHING CINEFIT						



LEGENDA

INTENSITA' ALLENAMENTO LEZIONI LIVE

DURATA LEZIONI CINEFIT

CYCLE ROOM SALA DEDICATA ALL'ATTIVITA' DI INDOOR CYCLING

GREEN AREA AREA ESTERNA DEDICATA AL CIRCUITO FUNZIONALE

CINEFIT LEZIONI DI GRUPPO VIRTUALI IN VIDEO REAL-VT

CORSI LIVE SALA DEDICATA CORSI FITNESS DI GRUPPO LIVE

PRENOTAZIONE CORSI
WWW.SPORTCENTERPARMA.IT
(AREA PERSONALE)

TUTTI I CORSI SONO A PRENOTAZIONE E POTREBBERO SUBIRE MODIFICHE. I CORSI LIVE POSSONO ESSERE SOSPESI SE NON RAGGIUNGONO IL NUMERO MINIMO DI 4 PERSONE