



# PLANNING CINEFIT SPORT CENTER

DAL 7 OTTOBRE 2019



## LEGENDA

DURATA  
LEZIONI CINEFIT



★ NOVITA'  
NEL PLANNING

PRENOTAZIONE CORSI  
WWW.SPORTCENTERPARMA.IT  
(AREA PERSONALE)

LUNEDI`	MARTEDI`	MERCOLEDI`	GIOVEDI`	VENERDI`	SABATO	DOMENICA
SALA 1	SALA 1	SALA 1	SALA 1	SALA 1	SALA 1	SALA 1
30 6:40-7:10 ADDOMINALI	45 6:40-7:25 YOGA ★	30 6:40-7:10 STRETCHING	45 6:40-7:25 YOGA ★	25 6:40-7:05 CIRCUITO	30 08:10-08:40 ADDOMINALI	45 8:10-8:55 YOGA ★
45 7:10-7:55 YOGA ★	25 7:25-7:50 CIRCUITO	30 7:10-7:40 ADDOMINALI	25 7:25-7:50 CIRCUITO	45 7:10-7:55 YOGA ★	45 08:40-9:25 PUMP ★	30 8:55-9:25 GLUTEI
45 8:00-8:45 FUNZIONALE ★	30 7:50-8:20 GAG	30 7:40-8:10 STRETCHING	30 7:50-8:20 GAG	30 8:00-8:30 GLUTEI	30 9:25-9:55 GAG	30 9:25-9:55 ADDOMINALI
30 9:05-9:35 ADDOMINALI	45 8:20-9:05 FUNZIONALE ★	30 8:10-8:40 GLUTEI	45 8:20-9:05 PUMP ★	25 8:30-8:55 CIRCUITO	30 9:55-10:25 ADDOMINALI	45 9:55-10:40 PUMP ★
	30 9:05-9:35 STRETCHING	45 8:40-9:25 YOGA ★	30 10:15-10:45 ADDOMINALI	30 8:55-9:25 STRETCHING	45 10:25 - 10:45 TOTAL BODY ★	45 10:40-11:25 YOGA ★
	30 9:55-10:25 ADDOMINALI	30 10:30-11:00 ADDOMINALI	45 11:40-12:25 YOGA ★	30 11:15-11:45 STRETCHING	30 10:45 - 11:15 STRETCHING	30 11:25-11:55 ADDOMINALI
	45 12:25-13:10 YOGA ★	45 12:25-13:10 TOTAL BODY ★	45 12:25-13:10 FUNZIONALE ★	30 12:10-12:40 ADDOME	45 11:15-12:00 YOGA ★	45 11:55-12:40 TOTAL BODY ★
30 12:40-13:10 ADDOMINALI				30 12:40-13:10 GAG	30 12:00 - 12:30 ADDOMINALI	45 12:40-13:25 CIRCUITO ★
				30 14:00-14:30 STRETCHING	45 12:30-13:15 PUMP ★	30 13:25-13:55 STRETCHING
30 14:00-14:30 STRETCHING	30 14:00-14:30 STRETCHING	30 14:00-14:30 ADDOMINALI	30 14:00-14:30 STRETCHING	25 14:30-14:55 CIRCUITO	30 13:15-13:45 STRETCHING	45 13:55-14:40 GAG ★
30 14:30-15:00 ADDOMINALI	25 14:30-15:00 CIRCUITO	45 14:30-15:15 FUNZIONALE ★	30 14:30-15:00 ADDOMINALI	20 14:55-15:15 FUNZIONALE	45 13:45-14:30 GAG ★	30 14:40-15:10 ADDOMINALI
25 15:00-15:25 CIRCUITO	45 15:00-15:45 FUNZIONALE ★	30 15:15-16:45 STRETCHING	25 15:00-15:25 CIRCUITO	30 15:15-15:45 ADDOMINALI	30 14:30-15:00 ADDOMINALI	45 15:10-15:55 TOTAL BODY ★
45 15:25-16:10 FUNZIONALE ★	30 15:45-16:20 ADDOMINALI	30 16:55-17:25 GAG	45 15:25-16:10 FUNZIONALE ★	45 15:45-16:30 TOTAL BODY ★	45 15:00-15:45 TOTAL BODY ★	30 15:55 - 16:25 STRETCHING
30 16:10-16:40 ADDOMINALI		45 16:40-17:25 TOTAL BODY ★	30 16:10-16:40 GAG	20 16:30-16:50 FUNZIONALE	30 15:45 - 16:15 STRETCHING	45 16:25-17:10 YOGA ★
30 16:55-17:25 GLUTEI				45 17:30-18:15 PUMP ★	45 16:15-17:00 YOGA ★	30 17:10 - 17:40 ADDOMINALI
				30 20:00-20:30 STRETCHING	30 17:00 - 17:30 ADDOMINALI	45 17:40-18:25 CIRCUITO ★
20 20:50-21:10 FUNZIONALE	30 20:50-21:20 ADDOMINALI	30 20:50-21:20 YOGA	30 20:50-21:20 ADDOMINALI	30 20:35-21:05 GLUTEI	45 17:30-18:15 CIRCUITO ★	
25 21:20-21:45 CIRCUITO	20 21:25-21:45 FUNZIONALE	30 21:25-21:55 ADDOMINALI	20 21:25-21:45 FUNZIONALE	30 21:10-21:40 ADDOMINALI	30 18:15-18:45 GLUTEI	
30 21:50 - 22:20 STRETCHING	30 21:50 - 22:20 STRETCHING	30 21:55-22:25 STRETCHING	30 21:50-22:20 STRETCHING	30 21:45-22:15 STRETCHING	30 18:45-19:15 STRETCHING	

TUTTI I CORSI SONO A PRENOTAZIONE E POTREBBERO SUBIRE MODIFICHE