

PLANNING CINEFIT SPORT CENTER

DAL 7 GENNAIO 2020



LEGENDA

DURATA
LEZIONI CINEFIT



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 6:40-7:30 YOGA	30 6:40-7:10 STRETCHING	45 6:40-7:30 YOGA	25 6:40-7:05 CIRCUITO	30 08:10-08:40 ADDOMINALI	45 8:10-9:00 YOGA
45 7:10-8:00 YOGA	25 7:30-7:55 CIRCUITO	30 7:10-7:40 ADDOMINALI	25 7:30-7:55 CIRCUITO	45 7:10-8:00 YOGA	45 08:40-9:30 PUMP	30 9:00-9:30 GLUTEI
45 8:00-8:50 FUNZIONALE	30 7:55-8:25 GAG	30 7:40-8:10 STRETCHING	30 7:55-8:25 GAG	30 8:00-8:30 GLUTEI	30 9:30-10:00 GAG	30 9:30-10:00 ADDOMINALI
30 9:05-9:35 ADDOMINALI	45 8:25-9:15 FUNZIONALE	30 8:10-8:40 GLUTEI	45 8:25-9:15 PUMP	25 8:30-8:55 CIRCUITO	30 10:00-10:30 ADDOMINALI	45 10:00-10:50 PUMP
	30 9:15-9:45 STRETCHING	45 8:40-9:30 YOGA	30 10:15-10:45 ADDOMINALI	30 8:55-9:25 STRETCHING	45 10:30 - 11:20 TOTAL BODY	45 10:50-11:40 YOGA
	30 9:55-10:25 ADDOMINALI	30 10:30-11:00 ADDOMINALI		30 11:15-11:45 STRETCHING	30 11:20 - 11:50 STRETCHING	30 11:40-12:10 ADDOMINALI
			45 11:30-12:20 YOGA	30 12:10-12:40 ADDOME		45 12:10-13:00 TOTAL BODY
30 12:40-13:10 ADDOMINALI	45 12:20-13:10 YOGA	45 12:20-13:10 TOTAL BODY	45 12:20-13:10 FUNZIONALE	30 12:40-13:10 GAG	30 12:00 - 12:30 ADDOMINALI	45 13:00-13:50 CIRCUITO
				30 14:00-14:30 STRETCHING	45 12:30-13:20 PUMP	30 13:50-14:20 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 13:20-13:50 STRETCHING	
30 14:30-15:00 ADDOMINALI	25 14:30-15:00 CIRCUITO	45 14:30-15:20 FUNZIONALE	30 14:30-15:00 ADDOMINALI	20 14:55-15:15 FUNZIONALE		30 14:40-15:10 ADDOMINALI
25 15:00-15:25 CIRCUITO	45 15:00-15:50 FUNZIONALE	30 15:20-15:50 STRETCHING	25 15:00-15:25 CIRCUITO	30 15:15-15:45 ADDOMINALI	30 14:30-15:00 ADDOMINALI	45 15:10-16:00 TOTAL BODY
45 15:25-16:15 FUNZIONALE	30 15:50-16:20 ADDOMINALI	30 15:50-16:20 GAG	45 15:25-16:15 FUNZIONALE	45 15:45-16:35 TOTAL BODY	45 15:00-15:50 TOTAL BODY	30 16:00 - 16:30 STRETCHING
30 16:15-16:45 ADDOMINALI		45 16:30-17:20 TOTAL BODY	30 16:15-16:45 GAG	20 16:35-16:55 FUNZIONALE	30 15:50 - 16:20 STRETCHING	45 16:30-17:20 YOGA
30 16:45-17:15 GLUTEI				45 17:25-18:15 PUMP	45 16:20-17:10 YOGA	30 17:20 - 17:40 ADDOMINALI
				30 20:00-20:30 STRETCHING	30 17:10 - 17:40 ADDOMINALI	45 17:50-18:40 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 17:40-18:30 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 18:30-19:00 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 19:00-19:30 STRETCHING	

TUTTI I CORSI SONO A PRENOTAZIONE E POTREBBERO SUBIRE MODIFICHE

PRENOTAZIONE CORSI
WWW.SPORTCENTERPARMA.IT
(AREA PERSONALE)