

# PLANNING CINEFIT SPORT CENTER

## DAL 7 GENNAIO 2020



| 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<br>ADDOMINALI     | 45 6:40-7:30<br>YOGA           | 30 6:40-7:10<br>STRETCHING   | 45 6:40-7:30<br>YOGA         | 25 6:40-7:05<br>CIRCUITO     | 30 08:10-08:40<br>ADDOMINALI   | 45 8:10-9:00<br>YOGA           |
| 45 7:10-8:00<br>YOGA           | 25 7:30-7:55<br>CIRCUITO       | 30 7:10-7:40<br>ADDOMINALI   | 25 7:30-7:55<br>CIRCUITO     | 45 7:10-8:00<br>YOGA         | 45 08:40-9:30<br>PUMP          | 30 9:00-9:30<br>GLUTEI         |
| 45 8:00-8:50<br>FUNZIONALE     | 30 7:55-8:25<br>GAG            | 30 7:40-8:10<br>STRETCHING   | 30 7:55-8:25<br>GAG          | 30 8:00-8:30<br>GLUTEI       | 30 9:30-10:00<br>GAG           | 30 9:30-10:00<br>ADDOMINALI    |
| 30 9:05-9:35<br>ADDOMINALI     | 45 8:25-9:15<br>FUNZIONALE     | 30 8:10-8:40<br>GLUTEI       | 45 8:25-9:15<br>PUMP         | 25 8:30-8:55<br>CIRCUITO     | 30 10:00-10:30<br>ADDOMINALI   | 45 10:00-10:50<br>PUMP         |
|                                | 30 9:15-9:45<br>STRETCHING     | 45 8:40-9:30<br>YOGA         | 30 10:15-10:45<br>ADDOMINALI | 30 8:55-9:25<br>STRETCHING   | 45 10:30 - 11:20<br>TOTAL BODY | 45 10:50-11:40<br>YOGA         |
|                                | 30 9:55-10:25<br>ADDOMINALI    | 30 10:30-11:00<br>ADDOMINALI |                              | 30 11:15-11:45<br>STRETCHING | 30 11:20 - 11:50<br>STRETCHING | 30 11:40-12:10<br>ADDOMINALI   |
|                                |                                |                              | 45 11:30-12:20<br>YOGA       | 30 12:10-12:40<br>ADDOME     |                                | 45 12:10-13:00<br>TOTAL BODY   |
| 30 12:40-13:10<br>ADDOMINALI   | 45 12:20-13:10<br>YOGA         | 45 12:20-13:10<br>TOTAL BODY | 45 12:20-13:10<br>FUNZIONALE | 30 12:40-13:10<br>GAG        | 30 12:00 - 12:30<br>ADDOMINALI | 45 13:00-13:50<br>CIRCUITO     |
|                                |                                |                              |                              | 30 14:00-14:30<br>STRETCHING | 45 12:30-13:20<br>PUMP         | 30 13:50-14:20<br>STRETCHING   |
| 30 14:00-14:30<br>STRETCHING   | 30 14:00-14:30<br>STRETCHING   | 30 14:00-14:30<br>ADDOMINALI | 30 14:00-14:30<br>STRETCHING | 25 14:30-14:55<br>CIRCUITO   | 30 13:20-13:50<br>STRETCHING   |                                |
| 30 14:30-15:00<br>ADDOMINALI   | 25 14:30-15:00<br>CIRCUITO     | 45 14:30-15:20<br>FUNZIONALE | 30 14:30-15:00<br>ADDOMINALI | 20 14:55-15:15<br>FUNZIONALE |                                | 30 14:40-15:10<br>ADDOMINALI   |
| 25 15:00-15:25<br>CIRCUITO     | 45 15:00-15:50<br>FUNZIONALE   | 30 15:20-15:50<br>STRETCHING | 25 15:00-15:25<br>CIRCUITO   | 30 15:15-15:45<br>ADDOMINALI | 30 14:30-15:00<br>ADDOMINALI   | 45 15:10-16:00<br>TOTAL BODY   |
| 45 15:25-16:15<br>FUNZIONALE   | 30 15:50-16:20<br>ADDOMINALI   | 30 15:50-16:20<br>GAG        | 45 15:25-16:15<br>FUNZIONALE | 45 15:45-16:35<br>TOTAL BODY | 45 15:00-15:50<br>TOTAL BODY   | 30 16:00 - 16:30<br>STRETCHING |
| 30 16:15-16:45<br>ADDOMINALI   |                                | 45 16:30-17:20<br>TOTAL BODY | 30 16:15-16:45<br>GAG        | 20 16:35-16:55<br>FUNZIONALE | 30 15:50 - 16:20<br>STRETCHING | 45 16:30-17:20<br>YOGA         |
| 30 16:45-17:15<br>GLUTEI       |                                |                              |                              | 45 17:25-18:15<br>PUMP       | 45 16:20-17:10<br>YOGA         | 30 17:20 - 17:40<br>ADDOMINALI |
|                                |                                |                              |                              | 30 20:00-20:30<br>STRETCHING | 30 17:10 - 17:40<br>ADDOMINALI | 45 17:50-18:40<br>CIRCUITO     |
| 20 20:50-21:10<br>FUNZIONALE   | 30 20:50-21:20<br>ADDOMINALI   | 30 20:50-21:20<br>YOGA       | 30 20:50-21:20<br>ADDOMINALI | 30 20:35-21:05<br>GLUTEI     | 45 17:40-18:30<br>CIRCUITO     |                                |
| 25 21:20-21:45<br>CIRCUITO     | 20 21:25-21:45<br>FUNZIONALE   | 30 21:25-21:55<br>ADDOMINALI | 20 21:25-21:45<br>FUNZIONALE | 30 21:10-21:40<br>ADDOMINALI | 30 18:30-19:00<br>GLUTEI       |                                |
| 30 21:50 - 22:20<br>STRETCHING | 30 21:50 - 22:20<br>STRETCHING | 30 21:55-22:25<br>STRETCHING | 30 21:50-22:20<br>STRETCHING | 30 21:45-22:15<br>STRETCHING | 30 19:00-19:30<br>STRETCHING   |                                |

### LEGENDA

DURATA  
LEZIONI CINEFIT



**PRENOTAZIONE CORSI**  
WWW.SPORTCENTERPARMA.IT  
(AREA PERSONALE)

TUTTI I CORSI SONO A PRENOTAZIONE E POTREBBERO SUBIRE MODIFICHE

# PLANNING LIVE SPORT CENTER

**DAL 7 GENNAIO 2020**



| 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 2 | ACQUA                   |
|                                | 08:50-9:35<br>GINNASTICA DOLCE   | 8:30-09:15<br>AQUASOFT         |                            |                                  | 08:45-09:30<br>AQUAALTA        |                                 | 08:50-9:35<br>POSTURAL & YOGA | 08:45-09:30<br>AQUAGYM         |                          | 08:30-09:15<br>AQUASOFT          |                                | 08:45-09:30<br>AQUAGYM    |                           | 10:30-11:15<br>JOLLY TERRA |        |                         |
| 09:40-10:25<br>STEP FUNZIONALE |                                  | 9:30-10:15<br>AQUAGYM          | 09:30-10:15<br>PILATES MAT | 09:35-10:20<br>AQUABIG CIRCUIT   |                                | 09:40-10:25<br>PUMP             |                               | 09:40-10:25<br>METABOLIC WATER | 09:30-10:15<br>TOTALBODY | 9:30-10:15<br>AQUAGYM            | 9:35-10:20<br>PILATES MAT      |                           |                           | 11:00-11:55<br>ROTAZIONE   |        |                         |
| 10:35-11:20<br>PILATES MAT     | 10:30-11:15<br>POSTURAL TRAINING | 10:30-11:15<br>AQUAALTA        | 10:30-11:15<br>TOTALBODY   |                                  | 10:30-11:15<br>HYDROBIKE       |                                 | 10:30-11:15<br>PILATES MAT    | 10:30-11:15<br>AQUAGYM         |                          | 10:30-11:15<br>POSTURAL TRAINING |                                | 10:30-11:15<br>GAG        |                           | 11:30-12:20<br>ZUMBA       |        | 11:50-12:35<br>AQUAALTA |
|                                |                                  |                                |                            |                                  |                                |                                 |                               |                                |                          |                                  |                                |                           |                           | 13:00-13:50<br>PILATES MAT |        |                         |
| 13:15-14:00<br>STEP FUNZIONALE | 13:15-14:00<br>VINYASA YOGA      | 13:15-14:00<br>METABOLIC WATER | 13:15-14:00<br>PUMP        | 13:15-14:00<br>PILATES MAT       | 13:00-13:45<br>METABOLIC WATER | 13:15-14:00<br>VINYASA YOGA     | 13:15-14:00<br>FIT BOXE       | 13:15-14:00<br>AQUAGYM         | 13:15-14:00<br>ABS       | 13:15-14:00<br>PILATES MAT       | 13:15-14:00<br>METABOLIC WATER | 13:15-14:00<br>ZUMBA      | 13:15-14:00<br>GAG        | 13:15-14:00<br>AQUAGAG     |        |                         |
|                                | 13:10-14:05<br>AQUAGYM           | 14:15-15:00<br>AQUAGYM         |                            |                                  | 13:50-14:35<br>AQUAGYM         |                                 |                               | 14:25-15:10<br>AQUASTEP        |                          | 13:10-14:05<br>AQUASTEP          | 14:15-15:00<br>AQUACROSS       |                           |                           | 14:25-15:10<br>AQUAGYM     |        |                         |
|                                | CYCLE ROOM                       |                                |                            |                                  |                                |                                 |                               |                                |                          | CYCLE ROOM                       |                                |                           |                           |                            |        |                         |
|                                |                                  |                                |                            |                                  |                                |                                 |                               |                                |                          |                                  |                                |                           |                           |                            |        |                         |
| 17:30-18:15<br>MOBILITY        | 18:15-19:10<br>katia             | 17:30-18:15<br>AQUABIG CIRCUIT | 17:30-18:15<br>BODY TONE   | 18:15-19:10<br>sabrina           |                                | 17:30-18:15<br>VINYASA YOGA     | 18:15-19:10<br>katia          | 17:30-18:15<br>AQUAGYM         | 17:30-18:15<br>PUMP      | 18:15-19:10<br>sabrina           | 17:30-18:15<br>AQUAGYM         |                           |                           |                            |        |                         |
|                                | CYCLE ROOM                       |                                |                            | CYCLE ROOM                       |                                |                                 |                               |                                |                          | CYCLE ROOM                       |                                |                           |                           |                            |        |                         |
| 18:20-19:05<br>TOTAL BODY      | 18:45-19:30<br>PUMP              | 18:20-19:05<br>METABOLIC WATER | 18:20-19:05<br>GAG         | 18:45-19:30<br>PILATES MAT       | 18:20-19:05<br>AQUASTEP        | 18:20-19:05<br>BODY TONE        | 18:45-19:30<br>TOTAL BODY     | 18:20-19:05<br>METABOLIC WATER | 18:20-19:05<br>MET       | 18:45-19:30<br>PILATES MAT       | 18:20-19:05<br>AQUATONE        | 18:20-19:05<br>TOTAL BODY | 18:45-19:30<br>POWER YOGA | 18:20-19:05<br>AQUACROSS   |        |                         |
| 19:10-19:55<br>ZUMBA           | 19:40-20:25<br>BODY TONE         | 20:00-20:45<br>AQUATONE        | 20:00-20:45<br>TOTAL BODY  | 19:35-20:20<br>POSTURAL TRAINING | 19:10-19:55<br>AQUAGYM         | 19:10-19:55<br>PUMP             | 19:40-20:25<br>FIT BOXE       | 19:10-19:55<br>AQUAGYM         | 19:10-19:55<br>FASST AXT | 19:40-20:25<br>AQUACIRCUIT       | 19:10-19:55<br>GAG             | 19:10-19:55<br>AQUAGYM    |                           |                            |        |                         |
| 20:00-20:45<br>PILATES MAT     | 19:40-20:25<br>BODY TONE         | 20:00-20:45<br>AQUATONE        | 20:00-20:45<br>TOTAL BODY  |                                  | 20:00-20:45<br>HYDROBIKE       | 20:00-20:45<br>STANDING PILATES | 19:40-20:25<br>FIT BOXE       |                                | 20:00-20:45<br>MOBILITY  |                                  |                                |                           | 19:00-19:55<br>CYCLE ROOM |                            |        |                         |
|                                | 19:15-20:10<br>CYCLE ROOM        |                                |                            | 19:15-20:10<br>CYCLE ROOM        |                                |                                 | 19:15-20:10<br>CYCLE ROOM     |                                |                          | 19:15-20:10<br>CYCLE ROOM        |                                |                           |                           |                            |        |                         |

## LEGENDA

**INTENSITA' ALLENAMENTO  
LEZIONI LIVE**



**NOVITA' NEL PLANNING**

**CYCLE ROOM**  
SALA DEDICATA ALL'ATTIVITA' DI INDOOR CYCLING

**GREEN AREA**  
AREA ESTERNA DEDICATA AL CIRCUITO FUNZIONALE

**SALA 1 CORSI TERRA LIVE**  
SALA DEDICATA CORSI TERRA FITNESS DI GRUPPO LIVE

**SALA 2 CORSI TERRA LIVE**  
SALA DEDICATA CORSI TERRA FITNESS DI GRUPPO LIVE

**CORSI TERRA AQUA LIVE**  
SALA DEDICATA CORSI AQUA FITNESS DI GRUPPO LIVE

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

**PRENOTAZIONE CORSI**  
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(AREA PERSONALE)