



# CENTRO FITNESS BLUE GYM

[www.ssdbluegym.com](http://www.ssdbluegym.com)



LUNEDI	7:15-8:15		9:30-10:30	10:00-11:00		13:30-15:00	16-17	17-18	18-19	18-19	19-20	19-20	20-21	
	Pilates Fitness		Cardio Fit	Yoga Fitness		Tone & Strech	Pilates Fitness	Pilates Fitness	Yoga	Total Body	GAG	Prepugilistica	Circuit Training	
	cinzia		marco	fabiana		claudia	adriana	adriana	fabiana	concezio	concezio	nicolas	sonila	
MARTEDI	7:15-8:15	9:15-10:15	9:30-10:15	10:15-11:15	11:00-12:00	13:15-14:15					19-20	19:30-20:30	20-21	20:30-21:15
	Yoga Fitness	Fit Mamma	Pilates Fitness	Posturale Fit	Total Body	GAG					DanceFit	Posturale Fit	Funzionale	Pilates Fitness
	marzia	giovanna	cinzia	cinzia	concezio	concezio					arianna	cinzia	ilaria	cinzia
MERCOLEDI	7:15-8:15		9:30-10:30	10:00-11:00		13:30-15:00	16-17	17-18	18-19	18-19	19-20	19-20	20-21	
	Pilates Fitness		Cardio Fit	Yoga Fitness		Tone & Strech	Pilates Fitness	Pilates Fitness	Yoga	Total Body	Stretching	Prepugilistica	Circuit Training	
	cinzia		marco	fabiana		claudia	adriana	adriana	fabiana	concezio	concezio	nicolas	sonila	
GIOVEDI	7:15-8:15	9:15-10:15	9:30-10:15	10:15-11:15	11:00-12:00	13:15-14:15					19-20	19:30-20:30	20-21	20:30-21:15
	Yoga Fitness	Fit Mamma	Pilates Fitness	Posturale Fit	Total Body	GAG					DanceFit	Posturale Fit	Funzionale	Pilates Fitness
	marzia	giovanna	cinzia	cinzia	concezio	concezio					arianna	cinzia	ilaria	cinzia
VENERDI			9:30-10:30	10:00-11:00		13:30-15:00	16-17	17-18			18-19	19-20	19-20	20-21
			Cardio Fit	Yoga Fitness		Tone & Strech	Pilates Fitness	Pilates Fitness			Total Body	GAG	Prepugilistica	Circuit Training
			marco	fabiana		claudia	adriana	adriana			concezio	concezio	nicolas	sonila

## \*ATTIVITÀ CON PRENOTAZIONE OBBLIGATORIA TRAMITE APP

LUNEDI		17,15-18,15	18,30-19,30		19,30-20,30
		SPINNING*	WALK*		WALK*
		melania	adriana		adriana
MARTEDI	13:30-14:30			19-20	
	SPINNING*			SPINNING*	
	melania			melania	
MERCOLEDI		17,15-18,15	18,30-19,30		19,30-20,30
		SPINNING*	WALK*		WALK*
		melania	adriana		adriana
GIOVEDI	13:30-14:30			19-20	
	SPINNING*			SPINNING*	
	melania			melania	
VENERDI		18,30-19,30			19,30-20,30
		WALK*			WALK*
		adriana			adriana



Via Salaria, 161 - Monterotondo Scalo

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SEGUICI SU:

FACEBOOK [www.facebook.com/PalestraBlueGym](http://www.facebook.com/PalestraBlueGym)

INSTAGRAM [palestra.blue.gym](https://www.instagram.com/palestra.blue.gym)



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## DANZA

## ARTI MARZIALI

LUNEDI	16-17	17-18			18-19	19-20			LUNEDI	17-18		18-19	20-21:30
	Break dance junior avanzato	Break dance principianti			Reggaeton principianti over 12	Reggaeton avanzato				Propedeutica arti marziali		Prepugilistica 11 - 14	Difesa Personale Women
	alberto	alberto			alberto	alberto				nicolas		nicolas	benedetto
MARTEDI	16:10-17	17-18	17-18	18-19	18-19	19-20	20:50-21:50		MARTEDI	16:50-17:50	17:50-18:50	18:50-20	20-21,30
	Propedeutica Danza Moderna 3 - 5 anni	Hip hop	Danza Moderna 6 - 7 anni	Hip Hop	Danza Moderna 8 - 11 anni	Hip Hop	Hip hop agonismo			Karate 4-7 anni	Karate 8-11 anni	Karate agonisti +12	Kick Boxing
	arianna	katia	arianna	katia	arianna	katia	katia			marco	marco	marco	benedetto
MERCOLEDI						19-20,30			MERCOLEDI				20-21:30
						Bollywood							Difesa Personale Women
						giorgia							benedetto
GIOVEDI	16:10-17	17-18	17-18	18-19	18-19	19-20	20:50-21:50		GIOVEDI	16:50-17:50	17:50-18:50	18:50-20	20-21,30
	Propedeutica Danza Moderna 3 - 5 anni	Hip hop	Danza Moderna 6 - 7 anni	Hip Hop	Danza Moderna 8 - 11 anni	Hip Hop	Hip hop agonismo			Karate 4-7 anni	Karate 8-11 anni	Karate agonisti +12	Kick Boxing
	arianna	katia	arianna	katia	arianna	katia	katia			marco	marco	marco	benedetto
VENERDI	16-17	17-18			18-19	19-20			VENERDI	17-18		18-19	
	Break dance junior avanzato	Break dance principianti			Reggaeton principianti over 12	Reggaeton avanzato				Propedeutica arti marziali		Prepugilistica 11 - 14	
	alberto	alberto			alberto	alberto				nicolas		nicolas	
SABATO			16-18						SABATO				
			Break Dance +13										
			alberto										

