



CENTRO FITNESS BLUE GYM

www.ssdbluegym.com



LUNEDÌ	7:15-8:15	9:00-10:00	10:00-11:00		13:30-15:00	16-17	17-18	17-18	18-19	18-19	19-20	19-20	19-20	20-21
	Pilates Fit	Cardio Fit	Yoga Fit		Tone & Stretch	Pilates Fit	Pilates Fit	Posturale Fit	Yoga Fit	Total Body	Posturale Fit	GAG	Prepugilistica	Circuit Training
	cinzia		fabiana		claudia	adriana	adriana	simone	alessia	concezio	simone	concezio	nicolas	sonila
MARTEDÌ	7:15-8:15	9:30-10:15	10:15-11:15	11:00-12:00	13:15-14:15					19-20		19:30-20:30	20:10-21	20:30-21:15
	Yoga Fit	Pilates	Posturale Fit	Total Body	GAG					DanceFit		Posturale Fit	Funzionale	Pilates Fit
	alessia	cinzia	cinzia	concezio	concezio					arianna		cinzia	claudia	cinzia
MERCOLEDÌ	7:15-8:15	9:00-10:00	10:00-11:00		13:30-15:00	16-17	17-18	17-18	18-19	18-19	19-20	19-20	19-20	20-21
	Pilates Fit	Cardio Fit	Yoga Fit		Tone & Stretch	Pilates Fit	Pilates Fit	Posturale Fit	Yoga Fit	Total Body	Posturale Fit	Stretching	Prepugilistica	Circuit Training
	cinzia		fabiana		claudia	adriana	adriana	simone	alessia	concezio	simone	concezio	nicolas	sonila
GIOVEDÌ	7:15-8:15	9:30-10:15	10:15-11:15	11:00-12:00	13:15-14:15					19-20		19:30-20:30	20:10-21	20:30-21:15
	Yoga Fit	Pilates	Posturale Fit	Total Body	GAG					DanceFit		Posturale Fit	Funzionale	Pilates Fit
	alessia	cinzia	cinzia	concezio	concezio					arianna		cinzia	claudia	cinzia
VENERDÌ		9:00-10:00	10:00-11:00		13:30-15:00	16-17	17-18			18-19		19-20	19-20	20-21
		Cardio Fit	Yoga Fit		Tone & Stretch	Pilates Fit	Pilates Fit			Total Body		GAG	Prepugilistica	Circuit Training
			fabiana		claudia	adriana	adriana			concezio		concezio	nicolas	sonila

*ATTIVITÀ CON PRENOTAZIONE OBBLIGATORIA TRAMITE

LUNEDÌ	7:15-8:15	13:30-14:30	18,30-19,30		19,30-20,30
	SPINNING*	SPINNING*	WALK*		WALK*
	melania	melania	adriana		adriana
MARTEDÌ			18:15-19:15	19:15-20:15	
			SPINNING*	SPINNING*	
			melania	melania	
MERCOLEDÌ	7:15-8:15	13:30-14:30	18,30-19,30		19,30-20,30
	SPINNING*	SPINNING*	WALK*		WALK*
	melania	melania	adriana		adriana
GIOVEDÌ			18:15-19:15	19:15-20:15	
			SPINNING*	SPINNING*	
			melania	melania	
VENERDÌ			18,30-19,30		19,30-20,30
			WALK*		WALK*
			adriana		adriana
SABATO	11:00-12:00				
	SPINNING*				
	massimiliano				



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