



CENTRO FITNESS BLUE GYM

Via Salaria, 161 - Monterotondo Scalo - Tel 0690085616 – 3343125577 – ssdbluegym@gmail.com

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LUNEDI	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		LUNEDI	18,30-19,30		19,30-20,30	
	Workout	Yoga		Tone & Strech	Pilates	Pilates	Yoga	Total Body	GAG	Prepugilistica	Circuit Training			WALK*		WALK*	
	cinzia	fabiana		claudia	adriana	adriana	fabiana	concezio	concezio	nicolas	sonila			adriana		adriana	
MARTEDI	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	MARTEDI	13:30-14:30	19-20		
	Pilates	Posturale	Total Body	GAG					DanceFit	Posturale	Funzionale	Pilates		SPINNING*	SPINNING*		
	cinzia	cinzia	concezio	concezio					arianna	cinzia	ilaria	cinzia		melania	melania		
MERCOLEDI	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		MERCOLEDI	18,30-19,30		19,30-20,30	
	Workout	Yoga		Tone & Strech	Pilates	Pilates	Yoga	Total Body	Stretching	Prepugilistica	Circuit Training			WALK*		WALK*	
	cinzia	fabiana		claudia	adriana	adriana	fabiana	concezio	concezio	nicolas	sonila			adriana		adriana	
GIOVEDI	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	GIOVEDI	13:30-14:30	19-20		
	Pilates	Posturale	Total Body	GAG					DanceFit	Posturale	Funzionale	Pilates		SPINNING*	SPINNING*		
	cinzia	cinzia	concezio	concezio					arianna	cinzia	ilaria	cinzia		melania	melania		
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		VENERDI	18,30-19,30		19,30-20,30
	Workout	Yoga		Tone & Strech	Pilates	Pilates		Total Body	GAG	Prepugilistica	Circuit Training		WALK*			WALK*	
	cinzia	fabiana		claudia	adriana	adriana		concezio	concezio	nicolas	sonila		adriana			adriana	

Bollywood: disciplina fruibile con un abbonamento mensile dedicato

* attività con prenotazione obbligatoria