

| LUNEDI | |
|--------|---|
| 7:00 | SKELETON VIRTUAL ☁️ PILATES REFORMER 1 🧘 |
| 7:30 | |
| 8:00 | PILATES REFORMER 2 🧘 |
| 8:30 | |
| 9:00 | PILATES 🧘 |
| 13:30 | FUNCTIONAL TRAINING ⚡️ PILATES REFORMER 8 🧘 |
| 14:45 | SKELETON VIRTUAL ☁️ |
| 15:00 | PILATES REFORMER 9 🧘 |
| 16:00 | PILATES REFORMER 3 🧘 |
| 17:30 | FUNCTIONAL TRAINING ⚡️ |
| 18:00 | PILATES 🧘 |
| 18:30 | FUNCTIONAL TRAINING ⚡️ |
| 19:00 | YOGA 🧘 |
| 19:30 | FUNCTIONAL TRAINING ⚡️ |
| 20:00 | PILATES 🧘 |
| 20:30 | BOOTCAMP ⚡️ |
| 21:00 | POLE DANCE (avanzato) 🧘 |

Studio 1

Studio 2

| MARTEDI | |
|---------|--|
| 7:00 | |
| 7:30 | PILATES REFORMER 4 🧘 |
| 8:00 | |
| 8:30 | SKELETON VIRTUAL ☁️ PILATES REFORMER 5 🧘 |
| 9:00 | |
| 13:30 | FUNCTIONAL TRAINING ⚡️ |
| 14:45 | |
| 15:00 | PILATES REFORMER 6 🧘 |
| 16:00 | PILATES 🧘 |
| 17:30 | |
| 18:00 | PILATES REFORMER 7 🧘 |
| 18:30 | FUNCTIONAL TRAINING ⚡️ |
| 19:00 | PILATES 🧘 |
| 19:30 | KICK BOXING 🥊 |
| 20:00 | POLE DANCE (Intermedio) 🧘 |
| 20:30 | FUNCTIONAL TRAINING ⚡️ |
| 21:00 | POLE DANCE (base) 🧘 |

Studio 1

Studio 2

| MERCOLEDI | |
|-----------|---|
| 7:00 | SKELETON VIRTUAL ☁️ PILATES REFORMER 1 🧘 |
| 7:30 | |
| 8:00 | PILATES REFORMER 2 🧘 |
| 8:30 | |
| 9:00 | PILATES 🧘 |
| 13:30 | FUNCTIONAL TRAINING ⚡️ PILATES REFORMER 8 🧘 |
| 14:45 | SKELETON VIRTUAL ☁️ |
| 15:00 | PILATES REFORMER 9 🧘 |
| 16:00 | PILATES REFORMER 3 🧘 |
| 17:30 | FUNCTIONAL TRAINING ⚡️ |
| 18:00 | PILATES 🧘 |
| 18:30 | FUNCTIONAL TRAINING ⚡️ |
| 19:00 | YOGA 🧘 |
| 19:30 | FUNCTIONAL TRAINING ⚡️ |
| 20:00 | PILATES 🧘 |
| 20:30 | BOOTCAMP ⚡️ |
| 21:00 | POLE DANCE (avanzato) 🧘 |

Studio 1

Studio 2

| GIOVEDI | |
|---------|--|
| 7:00 | |
| 7:30 | PILATES REFORMER 4 🧘 |
| 8:00 | |
| 8:30 | SKELETON VIRTUAL ☁️ PILATES REFORMER 5 🧘 |
| 9:00 | |
| 13:30 | FUNCTIONAL TRAINING ⚡️ |
| 14:45 | |
| 15:00 | PILATES REFORMER 6 🧘 |
| 16:00 | PILATES 🧘 |
| 17:30 | |
| 18:00 | PILATES REFORMER 7 🧘 |
| 18:30 | FUNCTIONAL TRAINING ⚡️ |
| 19:00 | PILATES 🧘 |
| 19:30 | KICK BOXING 🥊 |
| 20:00 | POLE DANCE (base) 🧘 |
| 20:30 | FUNCTIONAL TRAINING ⚡️ |
| 21:00 | POLE DANCE (Intermedio) 🧘 |

Studio 1

Studio 2

| VENERDI | |
|---------|-------------------------------|
| 7:00 | SKELETON VIRTUAL ☁️ |
| 7:30 | |
| 8:00 | |
| 8:30 | |
| 9:00 | PILATES 🧘 |
| 13:30 | FUNCTIONAL TRAINING ⚡️ |
| 14:45 | SKELETON VIRTUAL ☁️ |
| 15:00 | |
| 16:00 | |
| 17:30 | FUNCTIONAL TRAINING ⚡️ |
| 18:00 | PILATES 🧘 |
| 18:30 | FUNCTIONAL TRAINING ⚡️ |
| 19:00 | YOGA 🧘 |
| 19:30 | FUNCTIONAL TRAINING ⚡️ |
| 20:00 | PILATES 🧘 |
| 20:30 | BOOTCAMP ⚡️ |
| 21:00 | |

Studio 1

Studio 2

☁️ : FORZA

🥊 : KOMBAT

🧘 : BALANCE

🧘 : HOLISTIC

PALINSESTO 2024-2025
 PER INFO E PRENOTAZIONI PUOI CONTATTARE LA RECEPTION DEL CLUB AL NUMERO 080.8174347
 OPPURE PUOI INVIARE UNA MAIL A INFO@GOTHAMGYMBARI.IT