

LUNEDÌ		
7:00	FUNCTIONAL TRAINING 	PILATES REFORMER 1 
7:30		
8:00	HATA YOGA 	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		VINYASA YOGA 
19:30	FUNCTIONAL TRAINING 	
20:00		PILATES 
20:30	HYROX 	
21:00		POLE DANCE (avanzato) 
Studio 1		Studio 2

MARTEDÌ		
7:00		
7:30		PILATES REFORMER 4 
8:00	POWER YOGA 	
8:30		PILATES REFORMER 5 
9:00	SKELETON VIRTUAL 	
13:30	FUNCTIONAL TRAINING 	
14:45		
15:00		PILATES REFORMER 6 
16:00		PILATES 
17:30	VINYASA YOGA 	
18:00		PILATES REFORMER 7 
18:30	KICK BOXING 	
19:00		PILATES 
19:30	FUNCTIONAL TRAINING 	
20:00		POLE DANCE (Intermedio) 
20:30	HYROX 	
21:00		POLE DANCE (base) 
Studio 1		Studio 2

MERCOLEDÌ		
7:00	FUNCTIONAL TRAINING 	PILATES REFORMER 1 
7:30		
8:00	HATA YOGA 	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		VINYASA YOGA 
19:30	FUNCTIONAL TRAINING 	
20:00		PILATES 
20:30	HYROX 	
21:00		POLE DANCE (avanzato) 
Studio 1		Studio 2

GIOVEDÌ		
7:00		
7:30		PILATES REFORMER 4 
8:00	POWER YOGA 	
8:30		PILATES REFORMER 5 
9:00	SKELETON VIRTUAL 	
13:30	FUNCTIONAL TRAINING 	
14:45		
15:00		PILATES REFORMER 6 
16:00		PILATES 
17:30	VINYASA YOGA 	
18:00		PILATES REFORMER 7 
18:30	KICK BOXING 	
19:00		PILATES 
19:30	FUNCTIONAL TRAINING 	
20:00		POLE DANCE (base) 
20:30	HYROX 	
21:00		POLE DANCE (Intermedio) 
Studio 1		Studio 2

VENERDÌ		
7:00	FUNCTIONAL TRAINING 	
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		VINYASA YOGA 
19:30	FUNCTIONAL TRAINING 	
20:00		PILATES 
20:30	HYROX 	
21:00		
Studio 1		Studio 2

 : FORZA
  : KOMBAT
 : BALANCE
  : HOLISTICO

PALINSESTO 2025-2026

PER INFO E PRENOTAZIONI PUOI CONTATTARE LA RECEPTION DEL CLUB AL NUMERO 080.8174347
OPPURE PUOI INVIARE UNA MAIL A info@gothamgymbari.it

GOTHAM
EXCLUSIVE GYM & SPA