

GOTHAM PALINSESTO CORSI

PALINSESTO · 2026/2027

GOTHAM
EXCLUSIVE GYM & SPA

LUNEDI

07:00	FUNCTIONAL TRAINING	STUDIO 1
09:00	PILATES	STUDIO 2
13:30	FUNCTIONAL TRAINING	STUDIO 1
14:45	SKELETON VIRTUAL	STUDIO 1
17:20	FUNCTIONAL TRAINING	STUDIO 1
18:00	PILATES	STUDIO 2
18:10	FUNCTIONAL TRAINING	STUDIO 1
19:00	VINYASA YOGA	STUDIO 2
19:00	FUNCTIONAL TRAINING	STUDIO 1
19:50	FUNCTIONAL TRAINING	STUDIO 1
20:00	PILATES	STUDIO 2
20:40	HYROX	STUDIO 1
21:00	POLE DANCE (AVANZATO)	STUDIO 2

MARTEDI

07:00	VINYASA YOGA	STUDIO 1
09:00	SKELETON VIRTUAL	STUDIO 1
13:30	FUNCTIONAL TRAINING	STUDIO 1
13:30	PILATES	STUDIO 2
16:00	PILATES	STUDIO 2
17:30	VINYASA YOGA	STUDIO 1
18:30	KICK BOXING	STUDIO 1
19:00	PILATES	STUDIO 2
19:30	FUNCTIONAL TRAINING	STUDIO 1
20:00	POLE DANCE (INTERMEDIO)	STUDIO 2
20:30	HYROX	STUDIO 1
21:00	POLE DANCE (BASE)	STUDIO 2

MERCOLEDI

07:00	FUNCTIONAL TRAINING	STUDIO 1
09:00	PILATES	STUDIO 2
13:30	FUNCTIONAL TRAINING	STUDIO 1
14:45	SKELETON VIRTUAL	STUDIO 1
17:20	FUNCTIONAL TRAINING	STUDIO 1
18:00	PILATES	STUDIO 2
18:10	FUNCTIONAL TRAINING	STUDIO 1
19:00	VINYASA YOGA	STUDIO 2
19:00	FUNCTIONAL TRAINING	STUDIO 1
19:50	FUNCTIONAL TRAINING	STUDIO 1
20:00	PILATES	STUDIO 2
20:40	HYROX	STUDIO 1
21:00	POLE DANCE (AVANZATO)	STUDIO 2

GIOVEDI

07:00	VINYASA YOGA	STUDIO 1
09:00	SKELETON VIRTUAL	STUDIO 1
13:30	FUNCTIONAL TRAINING	STUDIO 1
13:30	PILATES	STUDIO 2
16:00	PILATES	STUDIO 2
17:30	VINYASA YOGA	STUDIO 1
18:30	KICK BOXING	STUDIO 1
19:00	PILATES	STUDIO 2
19:30	FUNCTIONAL TRAINING	STUDIO 1
20:00	POLE DANCE (BASE)	STUDIO 2
20:30	HYROX	STUDIO 1
21:00	POLE DANCE (INTERMEDIO)	STUDIO 2

VENERDI

07:00	FUNCTIONAL TRAINING	STUDIO 1
09:00	PILATES	STUDIO 2
13:30	FUNCTIONAL TRAINING	STUDIO 1
14:45	SKELETON VIRTUAL	STUDIO 1
17:20	FUNCTIONAL TRAINING	STUDIO 1
18:00	PILATES	STUDIO 2
18:10	FUNCTIONAL TRAINING	STUDIO 1
19:00	VINYASA YOGA	STUDIO 2
19:00	FUNCTIONAL TRAINING	STUDIO 1
19:50	FUNCTIONAL TRAINING	STUDIO 1
20:00	PILATES	STUDIO 2
20:40	HYROX	STUDIO 1

SABATO

10:00	POLE DANCE (INTERMEDIO)	STUDIO 2
11:00	POLE DANCE (BASE)	STUDIO 2

STUDIO 1 - STUDIO 2

Per informazioni e prenotazioni: 080 817 4347 · info@gothamgymbari.it · www.gothamgymbari.it

PROGRAMMAZIONE VALIDA DA SETTEMBRE 2026