

HAFTA İÇİ / WEEKDAY

10:00

11:00









12:00

18:00










19:00

20:00









PAZARTESİ  
MON

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|  PILATES FUNDAMENTAL<br>ERGUN<br>STÜDYO 1<br>10:30-11:15 |  JOYA SOUND&POUND<br>HARD WORKOUT<br>ECE<br>STÜDYO 2<br>10:45-11:15 <b>NEW</b> |  STRENGTH & STRONG<br>ESRA<br>STÜDYO 1<br>11:30-12:15 |  YOGA BAŞLANGIÇ<br>CİHAN<br>STÜDYO 2<br>11:30-12:30 |  STRETCHING<br>ESRA<br>STÜDYO 1<br>12:15-12:45 |  ZUMBA<br>MERVE<br>STÜDYO 2<br>19:00-19:45 |  PILATES GYMBALL<br>ERGUN<br>STÜDYO 1<br>19:00-19:45 |  SPINNING<br>FURKAN<br>19:00-19:45 |  YOGA VINYASA<br>CİHAN<br>STÜDYO-2<br>19:50-20:50 |  KANGOO JUMPS<br>TOLGA<br>STÜDYO 1<br>19:50-20:35 |  SPINNING<br>TALHA<br>20:00-20:45 |
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SALI  
TUES

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|  ZUMBA<br>SELİN<br>STÜDYO 2<br>10:00-10:45 |  MATERIAL<br>PILATES<br>ERGUN<br>STÜDYO 1<br>11:00-11:45 |  HARD<br>ABS & BUTTS<br>EREN<br>STÜDYO 1<br>12:00-12:45 |  JOYA BOXING<br>ÖZGE<br>RING AREA<br>18:30-19:15 |  POWERJUMP<br>FURKAN<br>STÜDYO 1<br>19:00-19:45 |  PILATES<br>BEGINNER<br>ESRA<br>STÜDYO 2<br>19:00-19:45 <b>NEW</b> |  BOOT CAMP<br>EREN<br>STÜDYO 1<br>19:50-20:35 <b>NEW</b> |  FOEM<br>ROLLER<br>STRETCHING<br>ESRA<br>STÜDYO 1<br>20:40-21:10 |  SPINNING<br>FURKAN<br>20:00-20:45 |
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ÇARŞAMBA  
WEDS

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|  PILATES BEGINNER<br>ESRA<br>STÜDYO 1<br>10:30-11:15 |  MUSCLE WORKOUT<br>EREN<br>STÜDYO 1<br>11:30-12:15 |  YOGA<br>BAŞLANGIÇ<br>CİHAN<br>STÜDYO 2<br>11:30-12:30 |  STRONG<br>WORKOUT<br>TALHA<br>STÜDYO 2<br>18:45-19:30 |  KANGOO<br>JUMPS<br>TOLGA<br>STÜDYO 1<br>19:00-19:45 |  SPINNING<br>TALHA<br>19:45-20:30 |  YOGILATES<br>CİHAN<br>STÜDYO-2<br>19:50-20:50 |  PILATES<br>BEGINNER-INTERMEDIATE<br>ERGUN<br>STÜDYO-1<br>20:00-20:45 |
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PERŞEMBE  
THURS

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|  PILATES MATERIAL<br>ERGUN<br>STÜDYO 1<br>10:00-10:45 |  HARD ABS &<br>BUTTS<br>EREN<br>STÜDYO 1<br>11:00-11:45 |  STRETCHING<br>ERGUN<br>STÜDYO 1<br>12:00-12:30 |  JOYA BOXING<br>ÖZGE<br>RING AREA<br>18:30-19:15 |  SCULPTURE<br>EREN<br>STÜDYO 1<br>19:00-19:45 |  POWER<br>ROPE<br>ESRA<br>STÜDYO-3<br>19:00-19:30 <b>NEW</b> |  SPINNING<br>INTERVAL<br>FURKAN<br>19:00-19:30 <b>NEW</b> |  SPINNING<br>ESRA<br>19:30-20:15 |  PILATES<br>MATERIAL<br>ERGUN<br>STÜDYO 1<br>19:55-20:40 |
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CUMA  
FRI

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|  PILATES INTERMEDIATE<br>ERGUN<br>STÜDYO 1<br>10:30-11:15 |  TOTAL BODY<br>EREN<br>STÜDYO 1<br>11:30-12:15 |  YOGA<br>BAŞLANGIÇ<br>CİHAN<br>STÜDYO 2<br>11:30-12:30 |  FOEM ROLLER<br>STRETCHING<br>ERGUN<br>STÜDYO 1<br>12:20-12:50 |  SPINNING<br>INTERVAL<br>FURKAN<br>18:45-19:15 |  EXPRESS ABS & FOEM<br>ROLLER STRETCHING<br>ÖZGE<br>STÜDYO 1<br>18:15-19:00 |  CIRCUIT TRAINING<br>(İLERİ)<br>EREN<br>STÜDYO-1<br>19:00-19:45 |  JOYA SOUND&POUND<br>HARD WORKOUT<br>ECE<br>STÜDYO 2<br>19:15-19:45 |  KICKBOX<br>ÖZGE<br>RING AREA<br>19:10-19:55 |  EXTREME ABS&BACK<br>WORKOUT (BAŞLANGIÇ)<br>FURKAN<br>STÜDYO-1<br>19:55-20:40 |  SPINNING<br>TALHA<br>20:00-20:45 |
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HAFTA SONU / WEEKEND

10:00

11:00

12:00



13:00

14:00









15:00

18:00

CUMARTESİ  
SAT

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|  JOYA STRONGER<br>EREN<br>STÜDYO 1<br>10:15-11:00 |  PILATES ADVANCE<br>ERGUN<br>STÜDYO 1<br>11:15-12:00 |  INSANITY<br>ERGUN<br>STÜDYO 1<br>12:15-13:00 |  POWER<br>ROPE<br>ERGUN<br>STÜDYO-3<br>13:15-14:00 <b>NEW</b> |  HARD ABS<br>& BUTTS<br>TALHA<br>STÜDYO 1<br>13:15-14:00 |  SPINNING<br>TALHA<br>14:00-14:45 |  KICKBOX<br>(ORTA)<br>ÖZGE<br>STÜDYO 1<br>14:15-15:00 |  PILATES BEGINNER<br>ERGUN<br>STÜDYO 1<br>15:00-15:45 |  6 PACS<br>FURKAN<br>STÜDYO 1<br>15:45-16:15 |
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PAZAR  
SUN

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|  WEEKEND POWER MIX<br>ESRA<br>STÜDYO 1<br>10:30-11:00 |  PURE RIPPED ABS<br>ÖZGE<br>STÜDYO 1<br>11:00-11:30 |  THERA<br>ESRA<br>STÜDYO 1<br>11:30-12:00 |  HATHA YOGA<br>1-2<br>CİHAN<br>STÜDYO 2<br>12:30-13:30 |  KICKBOX<br>(BAŞLANGIÇ)<br>ÖZGE<br>RING AREA<br>13:00-13:45 |  SPINNING<br>ESRA<br>14:00-14:45 |  ÇOCUK CIMNASTİĞİ<br>MELİKE<br>STÜDYO2<br>14:15-15:00 |  EXPRESS ABS<br>ÖZGE<br>STÜDYO1<br>15:15-15:45 |  KANGOO JUMPS<br>TOLGA<br>STÜDYO 1<br>18:00-18:45 |
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