

HAFTA İÇİ / WEEKDAY

07:00

10:00

11:00

12:00

18:00

19:00

20:00

PAZARTESİ
MONPILATES FUNDAMENTAL
ERGUN
STÜDYO 1
10:30-11:15YOGA BAŞLANGIÇ
CİHAN
STÜDYO 2
11:30-12:30PILATES GYMBALL
ERGUN
STÜDYO 1
19:00-19:45ZUMBA
MERVE
STÜDYO 2
19:00-19:45SPINNING
TALHA
19:00-19:45YOGA VINYASA
CİHAN
STÜDYO-2
19:50-20:50KANGOO JUMPS
TOLGA
STÜDYO 1
19:50-20:35SPINNING
TALHA
20:00-20:45SALI
TUESMATERIAL
PILATES
ERGUN
STÜDYO 1
11:00-11:45HARD
ABS & BUTTS
MELİH
STÜDYO 1
12:00-12:45JOYA BOXING
KUTLU
RING AREA
20:00-20:45
STÜDYO 1BOOT CAMP
TALHA
STÜDYO 1
19:00-19:45REHA
CRUNCH
STÜDYO 2
19:30-20:00STRECHING
SARENUR
STÜDYO 2
20:00-20:30SPINNING
TALHA
19:45-20:30ÇARŞAMBA
WEDSYOGA BAŞLANGIÇ
CİHAN
STÜDYO 2
11:30-12:30MUSCLE WORKOUT
MELİH
STÜDYO 1
11:30-12:15ZUMBA
MERVE
STÜDYO 1
12.30-13.15STEP
AEROBİK
MERVE
STÜDYO 2
18:45-19:30KANGOO JUMPS
TOLGA
STÜDYO 1
19:00-19:45SPINNING
TALHA
19:45-20:30PILATES
BEGINNER-INTERMEDIATE
ERGUN
STÜDYO-1
20:00-20:45PERŞEMBE
THURSPILATES MATARIAL
ERGUN
STÜDYO 1
10:00-10:45HARD ABS &
BUTTS
TALHA
STÜDYO 1
11:00-11:45STRETCHING
ERGUN
STÜDYO 1
12:00-12:30JOYA BOXING
KUTLU
RING AREA
20:00-20:45SCULPTURE
MELİH
STÜDYO 1
19:00-19:45POWER
ROPE
REHA
STÜDYO-3
19:00-19:30HATHA YOGA
CİHAN
STÜDYO-2
18:50-19:50AQUAGYM
CANSU
Aile Havuzu
20:15 - 21:00

NEW

SPINNING
TALHA
19:15-20:00PILATES
MATERIAL
ERGUN
STÜDYO 1
19:55 - 20:40CUMA
FRIMASTER YOGA
CİHAN
STÜDYO 1
06:05-07:55PILATES
INTERMEDIATE
ERGUN
STÜDYO 1
10:30-11:15TOTAL BODY
MELİH
STÜDYO 1
11:30-12:15YOGA BAŞLANGIÇ
CİHAN
STÜDYO 2
11:30-12:30STRETCHING
SARENUR
STÜDYO 1
12:20-12:50EXPRESS ABS & FOEM
ROLLER STRETCHING
REHA
STÜDYO 1
18:15-19:00CIRCUIT TRAINING
(İLERİ)
EREN
STÜDYO-1
19:00-19:45SPINNING
TALHA
20:00-20:45

HAFTA SONU / WEEKEND

10:00

11:00

12:00

13:00

14:00

15:00

18:00

CUMARTESİ
SATJOYA STRONGER
TALHA
STÜDYO 1
10:15-11:00PILATES ADVANCE
ERGUN
STÜDYO 1
11:15-12:00INSANITY
ERGUN
STÜDYO 1
12:15-13:00POWER
ROPE
ERGUN
STÜDYO 2
13:15-13:45KICKBOX
(BAŞLANGIÇ)
KUTLU
RING AREA
13:00-13:45SPINNING
TALHA
14:00-14:45KICKBOX
(ORTA)
KUTLU
STÜDYO 1
14:15-15:00PILATES BEGINNER
ERGUN
STÜDYO 1
15:00-15:45PAZAR
SUNWEEKEND POWERMIX
REHA
STÜDYO 1
10:30-11:00CRUNCH
REHA
STÜDYO 1
11:00-11:30STRETCHING
REHA
STÜDYO 1
11:30-12:00HATHA YOGA
CİHAN
STÜDYO 2
12:30-13:30KICKBOX
(BAŞLANGIÇ)
KUTLU
RING AREA
13:00-13:45ÇOCUK CİMNASTİĞİ
CANSU
STÜDYO 2
13:45-14.30SPINNING
NAZAN
14:30-15:15EXPRESS ABS
REHA
STÜDYO1
15:15-15:45KANGOO JUMPS
TOLGA
STÜDYO 1
18:00 - 18:45