

HAFTA İÇİ / WEEKDAY

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- 12:30ZUMBA  
MERVE  
STÜDYO 2  
19:00-19:45PILATES  
GYMBALL  
ERGUN  
STÜDYO 1  
19:00-19:45SPINNING  
FURKAN  
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  
TUESZUMBA  
MELİKE  
STÜDYO 2  
10:00-10:45MATERIAL  
PILATES  
ERGUN  
STÜDYO 1  
11:00-11:45HARD  
ABS & BUTTS  
EREN  
STÜDYO 1  
12:00-12:45JOYA BOXING  
ÖZGE  
RING AREA  
18:30-19.15POWERJUMP  
FURKAN  
STÜDYO 1  
19:00-19:45PILATES  
BEGINNER  
SEMA  
STÜDYO 2  
19:00-19:45BOOT CAMP  
EREN  
STÜDYO 1  
19:50-20:35FOEM  
ROLLER  
STRETCHING  
ESRA  
STÜDYO 1  
20:40-21:10SPINNING  
FURKAN  
20:00-20:45ÇARŞAMBA  
WEDSMUSCLE WORKOUT  
EREN  
STÜDYO 1  
11:30-12:15YOGA  
BAŞLANGIÇ  
CİHAN  
STÜDYO 2  
11:30-12:30STRONG  
WORKOUT  
TALHA  
STÜDYO 2  
18:45-19:30KANGOO  
JUMPS  
TOLGA  
STÜDYO 1  
19:00-19:45SPINNING  
TALHA  
19:45- 20:30YOGILATES  
CİHAN  
STÜDYO-2  
19:50-20:50PILATES  
BEGINNER-INTERMEDIATE  
ERGUN  
STÜDYO-1  
20:00-20:45PERŞEMBE  
THURSPILATES MATARIAL  
ERGUN  
STÜDYO 1  
10:00-10:45HARD ABS &  
BUTTS  
EREN  
STÜDYO 1  
11:00-11:45STRETCHING  
ERGUN  
STÜDYO 1  
12:00-12:30JOYA BOXING  
ÖZGE  
RING AREA  
18:30-19:15SCULPTURE  
EREN  
STÜDYO 1  
19:00-19:45POWER  
ROPE  
ESRA  
STÜDYO-3  
19:00-19:30SPINNING  
INTERVAL  
FURKAN  
19:00-19:30AQUAGYM  
MELİKE  
Aile Havuzu  
20:15 - 21:00

NEW

SPINNING  
MELİKE  
19:30-20:15PILATES  
MATERIAL  
ERGUN  
STÜDYO 1  
19:55 - 20:40FOEM ROLLER  
STRETCHING  
SEMA  
STÜDYO 2  
20:20 - 20:50CUMA  
FRIPILATES INTERMEDIATE  
ERGUN  
STÜDYO 1  
10:30-11:15TOTAL BODY  
EREN  
STÜDYO 1  
11:30-12:15YOGA  
BAŞLANGIÇ  
CİHAN  
STÜDYO 2  
11:30-12:30FOEM ROLLER  
STRETCHING  
ERGUN  
STÜDYO 1  
12:20-12:50SPINNING  
INTERVAL  
FURKAN  
19:10-19:45EXPRESS ABS & FOEM  
ROLLER STRETCHING  
ÖZGE  
STÜDYO 1  
18:15-19:00CIRCUIT TRAINING  
(İLERİ)  
EREN  
STÜDYO-1  
19:00-19:45JOYA SOUND&POUND  
HARD WORKOUT  
MELİKE  
STÜDYO 2  
19:15-19:45KICKBOX  
ÖZGE  
RING AREA  
19:10-19:55EXTREME ABS&BACK  
WORKOUT (BAŞLANGIÇ)  
FURKAN  
STÜDYO-1  
19:55- 20:40SPINNING  
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  
EREN  
STÜDYO 1  
10:15-11:00PILATES ADVANCE  
ERGUN  
STÜDYO 1  
11:15-12:00INSANITY  
ERGUN  
STÜDYO 1  
12:15-13:00POWER  
ROPE  
ERGUN  
STÜDYO 3  
13:15-14:00HARD ABS  
& BUTS  
TALHA  
STÜDYO 1  
13:15-14:00SPINNING  
TALHA  
14:00-14:45KICKBOX  
(ORTA)  
ÖZGE  
STÜDYO 1  
14:15-15:00PILATES BEGINNER  
ERGUN  
STÜDYO 1  
15:00-15:456 PACS  
FURKAN  
STÜDYO 1  
15:45-16:15PAZAR  
SUNWEEKEND POWER MIX  
ESRA  
STÜDYO 1  
10:30-11:00PURE RIPPED ABS  
ÖZGE  
STÜDYO 1  
11:00-11:30THERA  
SEMA  
STÜDYO 1  
11:30-12:00HATHA YOGA  
1-2  
CİHAN  
STÜDYO 2  
12:30-13:30KICKBOX  
(BAŞLANGIÇ)  
ÖZGE  
RING AREA  
13:00-13:45SPINNING  
ECE  
14:00-14:45ÇOCUK CİMNASTİĞİ  
MELİKE  
STÜDYO2  
14:15-15:00EXPRESS ABS  
ÖZGE  
STÜDYO1  
15:15-15:45KANGOO JUMPS  
TOLGA  
STÜDYO 1  
18:00 - 18:45