

HAFTA İÇİ / WEEKDAY

10:00

11:00









12:00

18:00










19:00

20:00










PAZARTESİ
MON

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

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

 PILATES BEGINNER ESRA STÜDYO 1 10:30-11:15	 MUSCLE WORKOUT EREN STÜDYO 1 11:30-12:15	 YOGA BAŞLANGIÇ CİHAN STÜDYO 2 11:30-12:30	 STRONG WORKOUT TALHA STÜDYO 2 18:45-19:30	 KANGOO JUMPS TOLGA STÜDYO 1 19:00-19:45	 SPINNING TALHA 19:45-20:30	 YOGILATES CİHAN STÜDYO-2 19:50-20:50	 PILATES BEGINNER-INTERMEDIATE ERGUN STÜDYO-1 20:00-20:45	 KICKBOX (INTERMEDIATE) FATMA RING AREA 20:00-20:45
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PERŞEMBE
THURS

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

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

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

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