BİZ CEVAHİR ŞUBAT 2019

DERS PROGRAMI

PAZARTESİ			
SAAT	DERS	STÜDYO	EĞİTMEN
10:10 - 11:00	Pilates Studio	Studio	ABDUL
11:10 - 12:00	Aero H.A.T	Studio	ABDUL
17:00 - 17:30	GFX Go	TRX Zone	MURATCAN
17:30 - 18:00	Crunch&Burn	Studio	MURATCAN
18:30 - 19:00	GFX Move	TRX Zone	ÖMERCAN
19:00 - 19:30	Exp. Body Fit	Studio	HAKAN
19:30 - 20:20	Pilates Adv.	Studio	ÖMERCAN
20:30 - 21:00	Exp. FIT DANCE	Studio	BİRNUR
21:00 - 21:30	GFX Move	TRX Zone	UĞUR
21:10 - 22:00	MAC Stronger	Studio	DOĞUŞ

SALI			
SAAT	DERS	STÜDYO	EĞİTMEN
11:10 - 12:00	Pilates Studio	Studio	UĞUR
12:00 - 12:30	GFX Go	TRX Zone	UĞUR
17:10 - 17:40	Crunch&Burn	TRX Zone	ÖMERCAN
18:10 - 19:00	Pilates Adv.	Studio	AZİZE
19:00 - 19:30	Exp. Fit Ball	Studio	AZİZE
19:30 - 20:20	MAC Stronger	Studio	HAKAN
20:00 - 20:30	Crunch&Burn	TRX Zone	SEDA
20:30 - 21:00	GFX Move	TRX Zone	AZİZE
20:30 - 21:20	FIT DANCE	Studio	BİRNUR
21:30 - 22:00	GFX Move	TRX Zone	SEDA

ÇARŞAMBA			
SAAT	DERS	STÜDYO	EĞİTMEN
11:10 - 12:00	Pilates Adv.	Studio	UĞUR
12:00 - 12:30	GFX Go	TRX Zone	UĞUR
15:00 - 15:30	GFX Move	TRX Zone	HAKAN
17:30 - 18:00	Crunch&Burn	Studio	DOĞUŞ
18:00 - 18:30	GFX Go	TRX Zone	DOĞUŞ
19:30 - 20:20	Body Fit	Studio	MURATCAN
20:30 - 21:00	Exp. Cycling	Studio	AZİZE
20:30 - 21:00	GFX Move	TRX Zone	ABDUL
21:00 - 21:30	ABS Crunch	TRX Zone	AZİZE
21:10 - 22:00	Pilates Studio	Studio	ABDUL

PERŞEMBE			
SAAT	DERS	STÜDYO	EĞİTMEN
11:30 - 12:00	ABS. Crunch	Studio	DOĞUŞ
12:00 - 12:30	Exp. Body Fit	Studio	DOĞUŞ
16:00 - 16:30	GFX Go	TRX Zone	SEDA
18:30 - 19:20	Pilates Studio	Studio	ABDUL
19:30 - 20:00	Exp. Fit Ball	Studio	ABDUL
20:00 - 20:30	Exp. Cycle	Studio	ÖMERCAN
20:30 - 21:00	GFX Move	TRX Zone	ÖMERCAN
21:00 - 21:30	ABS. Crunch	TRX Zone	HAKAN
21:30 - 22:00	GFX Go	TRX Zone	HAKAN

CUMA			
SAAT	DERS	STÜDYO	EĞİTMEN
10:10 - 11:00	Pilates Adv.	Studio	ÖMERCAN
11:00 - 11:30	Exp. Body Fit	Studio	ÖMERCAN
15:00 - 15:30	Crunch&Burn	TRX Zone	DOĞUŞ
15:30 - 16:00	GFX Go	TRX Zone	DOĞUŞ
19:10 - 19:40	Exp. Fit Ball	Studio	UĞUR
19:40 - 20:10	ABS. Crunch	Studio	UĞUR
20:10 - 21:00	FIT STEP	Studio	MURATCAN
21:00 - 21:30	ABS Crunch	TRX Zone	SEDA
21:30 - 22:00	GFX Move	TRX Zone	SEDA

CUMARTESİ			
SAAT	DERS	STÜDYO	EĞİTMEN
10:00 - 10:30	ABS. Crunch	Studio	MURATCAN
12:10 - 13:00	Aero H.A.T	Studio	DOĞUŞ
15:10 - 15:40	Exp. Cycling	Studio	ÖMERCAN
15:40 - 16:10	GFX Go	TRX Zone	ÖMERCAN
16:30 - 17:00	Crunch&Burn	Studio	ÖMERCAN
18:10 - 19:00	Pilates Adv.	TRX Zone	UĞUR
19:00 - 19:30	GFX Move	Studio	UĞUR

PAZAR			
SAAT	DERS	STÜDYO	EĞİTMEN
12:10 - 13:00	Pilates Studio	Studio	SEDA
13:00 - 13:30	GFX Go	TRX Zone	SEDA
14:30 - 15:20	Aero H.A.T	Studio	ABDUL
17:00 - 17:30	Exp. Fit Ball	Studio	HAKAN
17:30 - 18:00	ABS Crunch	Studio	HAKAN
18:30 - 19:00	Exp. Cycling	Studio	AZİZE
19:00 - 19:30	GFX Move	TRX Zone	AZİZE

NOTLAR

*Grup Derslerinde randevu alan üyelerimize lütfen öncelik tanıyınız.

*Grup derslerimiz için mobil uygulamadan randevunuzu almayı unutmayınız.