KASIM DERS PROGRAMI

PAZARTESİ

SAAT	DERS	STÜDYO	EĞİTMEN
12:00-12:30	GFX Move	Fonksiyonel Alan	FURKAN A.
13:30-14:00	Crunch&Burn	Studio	FURKAN A.
15:00-15:30	Crunch&Burn	Stüdyo	HEKİM
15:30-16:00	GFX Move	Fonksiyonel Alan	HEKİM
18.00-18.30	Exp. FitBall	Stüdyo	**BERKAY**
18.30-19.00	Exp.Cycling	Cycle	**BERKAY**
18:30-19:00	Pilates	Studio	EYÜP
19.00-19.30	Exp.Cycling	Cycle	**BERKAY**
19:00-19:30	Zumba	Studio	ERKAN
19:30-20:00	Zumba	Studio	ERKAN
19.30-20.00	Exp.Cycling	Cycle	**BERKAY**
20.00-20.30	Exp.Cycling	Cycle	FERHAT
20:00-20:30	Exp. MAC Stronger	Studio	ALİ
20:00-20:30	GFX Move	Fonksiyonel Alan	TAYYİP
20:30-21:00	Exp.Cycling	Cycle	TAYYİP
20:30-21:00	GFX Easy	Fonksiyonel Alan	ALİ
21:00-21:30	Crunch&Burn	Studio	FURKAN K.

SALI

SAAT	DERS	STÜDYO	EĞİTMEN
10:30-11:00	Crunch&Burn	Studio	FURKAN K.
13:00-13:30	GFX Easy	Fonksiyonel Alan	FURKAN K.
13:30-14:00	Crunch&Burn	Studio	FURKAN K.
15:00-15:30	GFX Easy	Fonksiyonel Alan	HEKİM
15:30-16:00	Stretching	Studio	HEKİM
16.0016.30	Exp. BodyFit	Studio	TAYYİP
17:30-18:00	Crunch&Burn	Studio	HEKİM
18:00-18:30	Crunch&Burn	Studio	EYÜP
18:30-19:00	GFX Easy	Fonksiyonel Alan	EYÜP
18:30-19:00	Exp. MAC Stronger	Studio	ALİ
19:00-19:30	Crunch&Burn	Studio	FERHAT
19:30-20:00	Exp.Cycling	Cycle	FERHAT
19:00-19:30	GFX Easy	Fonksiyonel Alan	ALİ
19.30-20.00	Exp. MAC Stronger	Studio	ALİ
20:00-20:30	Exp. Pilates	Studio	FURKAN A.
20:00-20:30	Exp.Cycling	Cycle	TAYYİP
20:30-21:00	Crunch&Burn	Studio	FURKAN A.
20:30-21:00	GFX Easy	Fonksiyonel Alan	TAYYİP
21:00-21:30	**Exp. Pilates Advance**	Studio	SELÇUK

ÇARŞAMBA

SAAT	DERS	STÜDYO	EĞİTMEN
11:00-11:30	GFX Easy	Fonksiyonel Alan	ALİ
11:30-12:00	Exp. BodyFit	Studio	ALİ
13:00-13:30	GFX Easy	Fonksiyonel Alan	EYÜP
13:30-14:00	Crunch&Burn	Studio	EYÜP
16:00-16:30	GFX Easy	Fonksiyonel Alan	HEKİM
16:30-17:00	Stretching	Studio	HEKİM
17:00-17:30	GFX Easy	Fonksiyonel Alan	TAYYİP
18:00-18:30	Crunch&Burn	Studio	HEKİM
18:30-19:00	GFX Move	Fonksiyonel Alan	HEKİM
18.30-19.00	Zumba	Studio	ERKAN
19:00-19:30	Zumba	Studio	ERKAN
19.00-19.30	Exp.Cycling	Cycle	**BERKAY**
19:30-20:00	Exp. Pilates Studio	Studio	HEKİM
20.00-20.30	GFX Easy	Fonksiyonel Alan	HEKİM
19:30-20:00	Exp.Cycling	Cycle	**BERKAY**
21:00-21:30	Exp. Pilates Studio	Studio	FURKAN K.

PERŞEMBE

SAAT	DERS	STÜDYO	EĞİTMEN
11.30-12.00	GFX Easy	Fonksiyonel Alan	FERHAT
12:00-12:30	GFX Easy	Fonksiyonel Alan	HEKİM
13.30-14.00	Crunch&Burn	Studio	HEKİM
14:30-15:00	GFX Easy	Fonksiyonel Alan	TAYYİP
15.00-15.30	Crunch&Burn	Studio	TAYYİP
15.30-16.00	GFX Easy	Fonksiyonel Alan	TAYYİP
16.00-16.30	Exp.Cycling	Cycle	SELÇUK
16.30-17.00	GFX Easy	Fonksiyonel Alan	SELÇUK
17.00-17.30	Crunch&Burn	Studio	FURKAN A.
17.30-18.00	GFX Easy	Fonksiyonel Alan	FURKAN A.
18.00-18.30	**Exp. Fit Ball**	**Studio**	**BERKAY**
18:00-18:30	Exp.Cycling	Cycle	FERHAT
18:30-19:00	GFX Easy	Fonksiyonel Alan	FERHAT
18:30-19:00	Exp. Pilates Studio	Studio	FURKAN A.
19:00-19:30	Exp.Cycling	Cycle	**BERKAY**
19:00-19:30	GFX Easy	Fonksiyonel Alan	SELÇUK
19:30-20:00	GFX Easy	Fonksiyonel Alan	**BERKAY**
19:30-20:00	**Exp. Pilates Advance**	Studio	SELÇUK
20:00-20:30	FIT DANCE	Studio	EYÜP
20:30-21:00	FIT STEP	Studio	EYÜP
21:00-21:30	**Exp. Aero Hat**	Studio	**BERKAY**
21:30-22.00	GFX Easy	Fonksiyonel Alan	**BERKAY**
21.00-21.30	Exp.Cycling	Cycle	TAYYİP

CUMA

SAAT	DERS	STÜDYO	EĞİTMEN
18:00-18:30	Exp.Cycling	Cycle	ALİ
18:30-19:00	GFX Easy	Fonksiyonel Alan	ALİ
19:00-19:30	Exp.Cycling	Cycle	**BERKAY**
19:30-20.00	GFX Easy	Fonksiyonel Alan	**BERKAY**
20:00-20:30	Exp. Pilates Studio	Studio	HEKİM
20:30-21:00	GFX Easy	Fonksiyonel Alan	HEKİM
21:00-21:30	Crunch&Burn	Studio	FURKAN K.

CUMARTESİ

SAAT	DERS	STÜDYO	EĞİTMEN
13.00-13.30	GFX Easy	Fonksiyonel Alan	FURKAN K.
14.30-15.00	Crunch&Burn	Studio	FURKAN K.
15.00-15.30	GFX Easy	Fonksiyonel Alan	FURKAN K.
17:00-17:30	Exp.Cycling	Cycle	FERHAT
17:30-18:00	GFX Easy	Fonksiyonel Alan	FERHAT

PAZAR

SAAT	DERS	STÜDYO	EĞİTMEN
13.30-14.00	GFX Easy	Fonksiyonel Alan	EYÜP
15.00-15.30	Exp.Cycling	Cycle	**BERKAY**
15.30-16.00	GFX Easy	Fonksiyonel Alan	**BERKAY**
17:00-17:30	Exp.Cycling	Cycle	ALİ
17:30-18:00	GFX Easy	Fonksiyonel Alan	ALİ

NOTLAR

Grup derslerimiz için mobil aplikasyondan randevu alabilirsiniz.

MACFit gerek görmesi halinde ders programında değişiklik yapabilir.