ŞUBAT DERS PROGRAMI

PAZARTESİ			
SAAT	DERS	STÜDYO	EĞİTMEN
08:30-09:00	GFX Easy	Fonksiyonel Alan	SELÇUK
14:00-14:30	ABS. Crunch	Studio	ERKUT
15:00-15:30	Exp.Body Fit	Studio	ERKUT
15:30-16:00	GFX Go	Fonksiyonel Alan	ERKUT
16:00-16:20	Exp.Body Fit	Studio	FERHAT
17:00-17:30	Exp. Fit Ball	Studio	FERHAT
18:00-18:30	ABS. Crunch	Studio	NAZIM
18:30-19:00	Exp. Aero H.A.T	Studio	SEZER
18:30-19:00	Exp. Cycling	Cycle	FERHAT
19:00-19:30	GFX Go	Fonksiyonel Alan	NAZIM
19:00-19:50	Zumba	Studio	ERKAN
19:30-20:00	GFX Go	Fonksiyonel Alan	SEZER
20:00-20:30	Exp. Cycling	Cycle	SEZER
20:20-21:10	MacStronger	Studio	FERHAT

SALI			
SAAT	DERS	STÜDYO	EĞİTMEN
08:30-09:00	GFX Go	Fonksiyonel Alan	NAZIM
11:30-12:00	Crunch&Burn	Studio	FERHAT
12:15-13:05	Pilates Studio	Studio	SELÇUK
14:00-14:30	GFX Go	Fonksiyonel Alan	SELÇUK
15:00-15:30	Crunch&Burn	Studio	ERKUT
16:00:16:30	ABS. Crunch	Studio	FERHAT
17:30-18:00	GFX Move	Fonksiyonel Alan	ERKUT
18:00-18:30	Exp. Aero H.A.T	Studio	SEZER
18:00-18:30	GFX Go	Fonksiyonel Alan	FERHAT
19:00-19:30	Exp. Cycling	Cycle	FERHAT
19:00-19:30	Exp. Fit Ball	Studio	FERHAT
19:30-20:00	Exp. Cycling	Cycle	SEZER
20:10-21:00	Pilates Equipment	Studio	SELÇUK

ÇARŞAMBA			
SAAT	DERS	STÜDYO	EĞİTMEN
10:30-11:00	Exp. Abs	Studio	NAZIM
11:10-11:30	Stretching	Studio	NAZIM
12:00-12:30	Crunch&Burn	Studio	SELÇUK
12:30-13:00	GFX Go	Fonksiyonel Alan	ERKUT
14:00-14:30	ABS. Crunch	Studio	ERKUT
16:30-17:00	Exp.Body Fit	Studio	FERHAT
17:00-17:30	GFX Go	Fonksiyonel Alan	FERHAT
18:30-19:00	Exp. Cycling	Cycle	SEZER
18:30-19:00	ABS. Crunch	Studio	FERHAT
19:00-19:50	Zumba	Studio	ERKAN
19:30-20:00	GFX Go	Fonksiyonel Alan	SEZER
20:00-20:30	Exp. Cycling	Cycle	FERHAT
20:00-20:30	Crunch&Burn	Studio	SEZER

PERŞEMBE			
SAAT	DERS	STÜDYO	EĞİTMEN
12:00-12:30	Crunch&Burn	Studio	SELÇUK
13:00-13:30	ABS. Crunch	Studio	FERHAT
14:00-14:30	GFX Go	Fonksiyonel Alan	SELÇUK
15:30-16:00	GFX Easy	Fonksiyonel Alan	SEZER
16:30-17:00	Stretching	Studio	FERHAT
17:00-17:30	ABS. Crunch	Studio	SEZER
17:30-18:00	Exp. Fit Ball	Studio	SEZER
18:00-18:30	GFX Go	Fonksiyonel Alan	FERHAT
18:30-19:00	Exp.Body Fit	Studio	FERHAT
19:00-19:30	Crunch&Burn	Studio	ERKUT
19:40-20:30	Exp. Cycling	Cycle	ERKUT
21:00-21:30	Exp. Aero H.A.T	Studio	FERHAT

CUMA			
12:00-12:30	Exp.Body Fit	Studio	FERHAT
14:00-14:30	Crunch&Burn	Studio	ERKUT
15:30-16:00	Stretching	Studio	ERKUT
16:00-16:30	GFX Go	Fonksiyonel Alan	FERHAT
18:00-18:30	ABS. Crunch	Studio	FERHAT
18:30-19:00	Exp. Aero H.A.T	Studio	SEZER
18:30-19:00	Exp. Cycling	Cycle	FERHAT
19:00-19:50	Zumba	Studio	ERKAN
19:30-20:00	GFX Go	Fonksiyonel Alan	FERHAT
20:00-20:30	Exp. Cycling	Cycle	SEZER
20:00-20:30	Crunch&Burn	Studio	FERHAT

CUMARTESİ			
19:00-19:30	Crunch&Burn	Studio	NAZIM
19:30-20:00	GFX Easy	Fonksiyonel Alan	NAZIM

PAZAR			
10:00-10:30	Crunch&Burn	Studio	FERHAT
13:00-13:30	GFX Go	Fonksiyonel Alan	FERHAT
15:30-16:00	Exp. Fit Ball	Studio	FERHAT
17:00-17:30	GFX Go	Fonksiyonel Alan	FERHAT
18:00-18:30	Crunch&Burn	Studio	NAZIM

NOTLAR

Grup derslerimiz için mobil aplikasyondan randevunuzu almayı unutmayınız.

FİT RANDEVU- ORYANTASYON EĞİTİMİ

PAZARTESİ		
16:00-17:00	Fit Randevu	ERKUT
19:10-20:10	Fit Randevu	FERHAT
20:00-21:00	Fit Randevu	NAZIM

SALI		
12:30-13:30	Fit Randevu	FERHAT
16:00-17:00	Fit Randevu	ERKUT
20:00-21:00	Fit Randevu	SEZER

ÇARŞAMBA		
09:15-10:15	Fit Randevu	NAZIM
13:00-14:00	Fit Randevu	FERHAT
19:00-20:00	Fit Randevu	FERHAT

PERŞEMBE		
13.00-14:00	Fit Randevu	SELÇUK
19:00-20:00	Fit Randevu	FERHAT

CUMA		
12:00-13:00	Fit Randevu	SELÇUK
17:00-18:00	Fit Randevu	FERHAT
19:00-20:00	Fit Randevu	SEZER

CUMARTESİ		
18:00-19:00	Fit Randevu	NAZIM

PAZAR		
16:00-17:00	Fit Randevu	FERHAT
18:30-19:30	Fit Randevu	NAZIM

NOTLAR

Fit Randevu programına katılım ücretsizdir.
Katılım sağlamak için lütfen randevu alınız.