İZMİR OPTİMUM ŞUBAT 2019

DERS PROGRAMI

PAZARTESİ				SALI				ÇARŞAMBA				PERŞEMBE			
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN
12:30-13:20	Pilates Studio	Group Studio	NECMİ	12:30-13:00	Exp. Cycling	Cycle Studio	NECMİ	12:30-13:20	Crunch Burn	Group Studiio	İLYAS	12:30-13:20	Crunch Burn	Group Studio	EZGİ
18:30-19:00	Body Fit	Group Studio	İLYAS	13:00-13:30	ABS Crunch	GFX Area	NECMİ	18:30-19:00	FİTBALL	Group Studio	MERVE	18:00-18:30	GFX GO	GFX Area	GÜLŞAH
19:00-19:30	GFX GO	Group Studio	İLYAS	15:00-15:30	GFX GO	GFX Area	NECMİ	19:00-19:30	GFX GO	GFX Area	MERVE	18:45-19:15	Exp. Cycling	Cycle Studio	NECMİ
19:00-19:30	Exp. Cycling	Cycle Studio	TUNÇ	18:30-19:00	ABS Crunch	GFX Area	ÇAĞRI	19:00-19:30	Exp. Cycling	Cycle Studio	NECMİ	19:00-19:50	Body Fit	Group Studio	EMİR
19:30-20:20	ZUMBA	Group Studio	MERVE	18:45-19:15	Exp. Cycling	Cycle Studio	GÜLŞAH	19:30-20:00	ABS Crunch	GFX Area	NECMİ	19:15-19:45	ABS Crunch	GFX Area	NECMİ
19:45-20:15	Exp. Cycling	Cycle Studio	EMİR	19:30-20:20	ZUMBA	Group Studio	GÜLŞAH	19:30-20:20	Body Fit	Group Studiio	EZGİ G.	20:00-20:50	FIT STEP	Group Studiio	TUNÇ
20:15-20:45	ABS Crunch	GFX Area	EMİR	19:30-20:00	Exp. Cycling	Cycle Studio	GÖRKEM	19:45-20:15	Exp. Cycling	Cycle Studio	ÇAĞRI	20:30-21:00	GFX GO	GFX Area	EMİR
20:30-21:00	Exp. Cycling	Cycle Studio	GÖRKEM	20:00-20:30	ABS Crunch	GFX Area	GÖRKEM	20:30-21:00	Exp. Cycling	Cycle Studio	HAKAN				
20:30-21:20	Pilates Studio	Group Studio	MERVE	20:30-21:20	Pilates Studio	Group Studio	MERVE	21:00-21:30	ABS Crunch	GFX Area	HAKAN				
21:00-21:30	ABS Crunch	GFX Area	GÖRKEM												

CUMA				CUMARTESİ				PAZAR			
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN
12:30-13:20	Pilates Studio	Group Studio	NECMİ	12:00-12:50	YOGA	Group Studio	MERVE	12:30-13:00	Crunch H.A.T.	Group Studio	TUNÇ
18:00-18:30	GFX GO	GFX Area	EZGİ	15:30-16:00	GFX GO	GFX Area	GÖRKEM	13:30-14:00	Fit Ball	Group Studio	EZGİ
19:00-19:30	MAC Stronger	Group Studio	EZGİ - EMİR	16:30-17:00	Exp. Cycling	Cycle Studio	GÖRKEM	16:30-17:00	ABS Crunch	Group Studio	İLYAS
19:30-20:00	Exp. Cycling	Cycle Studio	EMİR	17:00-17:30	ABS Crunch	Group Studio	GÖRKEM	17:00-17:30	GFX GO	Group Studio	İLYAS
19:35-20:25	ZUMBA	Group Studio	GÜLŞAH	18:30-19:00	GFX GO	GFX Area	ÇAĞRI	18:30-19:00	ABS Crunch	Group Studio	HAKAN
20:00-20:30	ABS Crunch	GFX Area	EMİR	19:00-19:30	ABS Crunch	GFX Area	ÇAĞRI	19:00-19:30	GFX GO	Group Studio	HAKAN
20:30-21:20	Pilates Studio	Group Studio	GÜLŞAH								
20:30-21:00	ABS Crunch	GFX Area	HAKAN								
21:00-21:30	GFX GO	GFX Area	HAKAN								

NOTLAR

- ✓ Grup derslerimiz için mobil aplikasyonumuzdan randevunuzu almayı unutmayınız.
- ✓ Grup dersi programımız her ayın başında güncellenmektedir.
- ✓ MACFit ders programında değişiklik yapabilir.
- ✓ Grup dersleri ile ilgili taleplerinizi izmiroptimum@macfit.com.tr adresine mail atarak bildirebilirsiniz.