MAC FIT

HAZİRAN PROGRAMI

PAZARTESİ			
SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:30	Express Cycling	Cycle	MEHMET
11:00-11:50	Body Fit	Studio	ERDEM
15:00-15:30	Gfx Go	Studio	CANDAŞ
15:30-16:00	Crunch & Burn	Studio	CANDAŞ
18:00-18:30	Express Cycling	Cycle	SERDAR
18:30-19:00	Express Cycling	Cycle	SERDAR
19:00-19:30	Gfx Go	Studio	SELÇUK
19:00-19:30	Express Cycling	Cycle	ATAKAN
19:30-20:00	Crunch & Burn	Studio	SELÇUK
19:30-20:00	Express Cycling	Cycle	ATAKAN
20:00-20:50	Pilates Studio	Studio	YUNUS
20:50-21:10	Stretching	Studio	YUNUS

SALI			
SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:50	Pilates Studio	Studio	ZÜMRÜT
11:00-11:30	Express Cycling	Cycle	ATAKAN
11:30-12:00	Crunch & Burn	Studio	ATAKAN
15:00-15:30	Gfx Go	Studio	SELÇUK
15:30-16:00	Crunch & Burn	Studio	SELÇUK
18:00-18:30	Express Cycling	Cycle	MEHMET
18:30-19:00	Express Cycling	Cycle	MEHMET
19:00-19:30	Exp Body Fit	Studio	ERDEM
19:00-19:30	Express Cycling	Cycle	BORA
19:30-20:00	Exp Body Fit	Studio	ERDEM
19:30-20:00	Express Cycling	Cycle	BORA
20:00-20:30	Crunch & Burn	Studio	NESLİHAN
20:30-21:00	Gfx Go	Studio	NESLİHAN

ÇARŞAMBA			
SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:30	Express Cycling	Cycle	ATAKAN
10:30-11:00	Crunch & Burn	Studio	ATAKAN
11:00-11:50	Mac Stronger	Studio	ERDEM
15:00-15:30	Gfx Go	Studio	NESLİHAN
15:30-16:00	Crunch & Burn	Studio	NESLİHAN
18:00-18:30	Gfx Go	Studio	ZÜMRÜT
19:00-19:30	Express Cycling	Cycle	ZÜMRÜT
19:00-19:50	Pilates Studio	Studio	FUNDA
19:30-20:00	Express Cycling	Cycle	ZÜMRÜT
20:00-20:30	Exp Body Fit	Studio	CANDAŞ
20:00-20:30	Express Cycling	Cycle	FUNDA
20:30-21:00	Exp Body Fit	Studio	CANDAŞ
20:30-21:00	Express Cycling	Cycle	FUNDA

PERŞEMBE			
SAAT	DERS	STÜDYO	EĞİTMEN
09:00-09:30	Gfx Go	Studio	SELÇUK
09:30-10:00	Crunch & Burn	Studio	SELÇUK
10:00-10:50	Pilates Studio	Studio	SERDAR
11:00-11:50	Cyling	Cycle	BORA
15:00-15:30	Gfx Go	Studio	FUNDA
18:00-18:30	Express Cycling	Cycle	MEHMET
18:30-19:00	Express Cycling	Cycle	MEHMET
19:00-19:50	Body Fit	Studio	ERDEM
19:00-19:30	Express Cycling	Cycle	YUNUS
19:30-20:00	Express Cycling	Cycle	YUNUS
20:00-20:30	Gfx Go	Studio	ATAKAN
20:30-21:00	Crunch & Burn	Studio	ATAKAN

CUMA			
SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:30	Express Cycling	Studio	FUNDA
11:00-11:50	Mac Stronger	Studio	CANDAŞ
12:00-12:50	Pilates Studio	Studio	YUNUS
18:30-19:00	Gfx Move	Studio	ZÜMRÜT
19:00-19:50	Fit Dance	Studio	ZÜMRÜT
20:00-20:30	Express Cycling	Cycle	BORA
20:00-20:50	Pilates Studio	Studio	SERDAR
20:30-21:00	Express Cycling	Cycle	BORA
20:50-21:10	Stretching	Studio	SERDAR

CUMARTESİ			
SAAT	DERS	STÜDYO	EĞİTMEN
11:00-11:30	Gfx Go	Studio	BORA
11:30-12:00	Crunch & Burn	Studio	BORA
14:00-14:50	Mac Stronger	Studio	CANDAŞ
15:00-15:50	Pilates Studio	Studio	NESLİHAN
17:00-17:50	Fit Dance	Studio	ZÜMRÜT

PAZAR			
SAAT	DERS	STÜDYO	EĞİTMEN
12:00-12:50	Pilates Studio	Studio	NESLİHAN
14:00-14:30	Exp Body Fit	Studio	MEHMET
14:30-15:00	Exp Body Fit	Studio	MEHMET
17:00-17:30	Gfx Go	Studio	SELÇUK
17:30-18:00	Crunch & Burn	Studio	SELÇUK

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