

PAZARTESİ				SALI				ÇARŞAMBA				PERŞEMBE			
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN
07:30-08:00	Express Cycling	Studio	UFUK	10:30-11:20	Pilates Studio	Studio	UFUK	09:00-09:30	Crunch & Burn	Studio	UMUT	07:30-8:00	Express Cycling	Cycle	ONUR
09:00-09:50	Pilates Studio	Studio	UFUK	11:30-12:00	Express Cycling	Studio	UFUK	11:00-11:50	MAC Stronger	Studio	EMRAH	10:30-11:00	Express Body Fit	Studio	ESRA
13:00-13:30	Express Body Fit	Studio	OĞUZHAN	12:30-13:20	MAC Stronger	Studio	ONUR	12:30-13:20	Advanced Pilates	Studio	EMRAH	12:30-13:00	Crunch & Burn	Studio	HELİN
13:30-14:00	Crunch & Burn	Studio	OĞUZHAN	15:00-15:30	GFX Easy	GFX Area	ONUR	15:30-16:00	Crunch Hat	Studio	HELİN	13:00-13:30	Stretching	Studio	HELİN
												14:00-14:30	GFX Go	GFX Area	HELİN
17:30-18:00	GFX Easy	GFX Area	HELİN									17:50-18:20	Express Cycling	Cycle	UMUT
17:50-18:20	Express Cycling	Studio	HELİN	17:20-17:50	Express Cycling	Studio	HELİN	17:30-18:00	GFX Easy	GFX Area	UFUK	18:30-19:20	Pilates Studio	Studio	FURKAN
18:00-18:30	Crunch & Burn	GFX Area	ESRA	18:00-18:30	Crunch & Burn	GFX Area	FURKAN	18:00-18:30	Crunch & Burn	Studio	HELİN	19:30-20:20	Yoga	Studio	RANA
18:30-19:20	Boot Camp Season	Studio	ONUR	18:30-19:20	MAC Stronger	Studio	FURKAN	18:30-19:20	Pilates Studio	Studio	OĞUZHAN	20:00-20:30	Crunch & Burn	GFX Area	OĞUZHAN
19:30-20:20	Club Cycling	Studio	ALİ	19:30-20:00	Express Cardio Kickbox	Studio	CEREN	19:30-20:20	Zumba	Studio	BURAK	20:30-21:00	GFX Extreme	GFX Area	UFUK
20:00-20:30	GFX SYNRGY	GFX Area	HELİN	20:00-20:50	Yoga	Studio	RANA	20:30-21:20	Advanced Pilates	Studio	SERHAT	20:30-21:00	Stretching	GFX Area	OĞUZHAN
20:30-21:00	Express Fit Ball	Studio	EMRAH	21:00-21:30	GFX Move	GFX Area	ESRA	21:30-22:00	Crunch Hat	GFX Area	SERHAT	20:30-21:20	Sensation Step	Studio	UMUT
CUMA				CUMARTESİ				PAZAR							
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN				
10:00-10:50	Body Fit	Studio	EMRAH	10:00-10:50	Pilates Studio	Studio	OĞUZHAN	11:00-11:50	Pilates Studio	Studio	UMUT	*GFX VE GRUP DERSLERİNİN YAPILABİLMESİ İÇİN TEK KATILIMCI OLMASI YETERLİDİR. GEREKTİĞİ DURUMLARDA MACFIT TÜM DERSLERDE SAAT DEĞİŞİKLİĞİ VE DERS DEĞİŞİMİ YETKİSİNE SAHİPTİR			
11:00-11:30	GFX SYNRGY	GFX Area	EMRAH	12:30-13:00	Express Body Fit	Studio	SERHAT	14:00-14:30	Crunch & Burn	GFX Area	FURKAN				
14:00-14:30	GFX Move	GFX Area	ESRA	13:00-13:50	Advanced Pilates	Studio	ALİ	16:00-16:30	GFX Move	GFX Area	EMRAH				
16:00-16:30	GFX Go	GFX Area	ESRA	15:00-15:50	Boot Camp Season	Studio	ONUR	16:00-16:50	Advanced Pilates	Studio	FURKAN				
												* GRUP DERSLERİNE MACFIT MOBİL UYGULAMASINDAN REZERVASYON YAPILMALIDIR. REZERVASYON YAPAN ÜYELERİN GRUP DERSLERİNE KATILMA ÖNCELİĞİ VARDIR.			
17:30-18:00	Express Body Fit	Studio	OĞUZHAN									<a href="http://www.macfit.com.tr/maltepe">http://www.macfit.com.tr/maltepe</a>			
18:00-18:30	Crunch & Burn	Studio	OĞUZHAN												
18:30-19:00	Express Cycling	Studio	UFUK												
19:05-19:55	Pilates Studio	Studio	UFUK	17:00-17:50	Sensation Step	Studio	UMUT								
20:00-20:50	Zumba	Studio	BURAK	18:30-19:00	GFX Move	GFX Area	UMUT	18:00-18:50	Body Fit	Studio	EMRAH				
21:00-21:30	Crunch Hat	GFX Area	UFUK	19:30-20:00	GFX Go	GFX Area	FURKAN	19:30-20:00	GFX Extreme	GFX Area	HELİN				