MARKANTALYA - STÜDYO DERS PROGRAMI - ŞUBAT 2019

DERS PROGRAMI

PAZARTESİ

SAAT	DERS	STÜDYO	EĞİTMEN
10:30-11:20	PİLATES	STÜDYO	ERGİN
11:30-12:00	STRETCHİNG	STÜDYO	ERGİN
16:20-16:50	GFX MOVE	FONKSİYONEL	UFUK
17:00-17:30	EXP. CYCLE	CYCLE	UFUK
18:30-19:20	PİLATES	STUDYO	ONUR
18:30-19:00	EXP. CYCLE	CYCLE	MEHMET
19:10-19:40	EXP. CYCLE	CYCLE	MEHMET
19:50-20:20	GFX MOVE	FONKSİYONEL	MEHMET
19:30-20:20	PİLATES	STUDYO	ÖMER
20:30-21:20	FİT DANCE	STUDYO	BURÇA
19:50-20:20	EXP. CYCLE	CYCLE	İBRAHİM
20:30-21:00	EXP. CYCLE	CYCLE	İBRAHİM

SALI

SAAT	DERS	STÜDYO	EĞİTMEN
11:10-11:40	EXP.CYCLE	STÜDYO	İBRAHİM
11:50-12:20	GFX MOVE	FONKSİYONEL	İBRAHİM
13:00-13:50	PİLATES	STÜDYO	İBRAHİM
16:00-16:50	PİLATES	STÜDYO	ONUR
18:00- 18:30	GFX MOVE	FONKSİYONEL	ECEM
18:30-19:00	CRUNCH AND BURN	STÜDYO	ÇAGRI
18:30-19:00	EXP.CYCLE	CYCLE	UFUK
19:10-19:40	EXP.CYCLE	CYCLE	UFUK
19:10-20:00	BODY FİT	STÜDYO	BURÇA
19:50:20:20	EXP.CYCLE	CYCLE	CAN
20:30-21:00	EXP.CYCLE	CYCLE	CAN
20:10-21:00	FİT DANCE	STÜDYO	ÖMER
21:10-21:40	GFX MOVE	FONKSİYONEL	ECEM

ÇARŞAMBA

SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:50	FİTBALL	STÜDYO	ÖMER
13:00-13:30	GFX MOVE	FONKSİYONEL	UFUK
13:40-14:10	EXP A.E.R.O	STÜDYO	UFUK
16:10-17:00	PİLATES	STÜDYO	BERFU
17:40-18:10	GFX MOVE	FONKSİYONEL	ECEM
18:00-18:50	PİLATES	STÜDYO	NESLİHAN
18:30-19:00	EXP.CYCLE	CYCLE	ERGİN
19:10-19:40	EXP.CYCLE	CYCLE	ERGİN
19:00-19:50	PİLATES	STÜDYO	NESLİHAN
19:50-20:20	EXP.CYCLE	CYCLE	BURÇA
20:30-21:00	EXP.CYCLE	CYCLE	BURÇA
20:00-20:50	BODY FİT	STÜDYO	MEHMET
21:10-21:40	STRETCHİNG	STÜDYO	BURÇA

PERŞEMBE

SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:50	PİLATES	STÜDYO	ÖMER
13:00-13:50	PİLATES	STÜDYO	ERGİN
17:00-17:30	GFX MOVE	FONKSİYONEL	MEHMET
18:30-19:00	EXP.BODY FİT	STÜDYO	ÇAGRI
18:30-19:00	EXP.CYCLE	CYCLE	BERFU
19:10-19:40	EXP.CYCLE	CYCLE	İBRAHİM
19:50-20:20	GFX MOVE	FONKSİYONEL	İBRAHİM
19:50-20:20	EXP.CYCLE	CYCLE	CAN
20:30-21:00	GFX MOVE	FONKSİYONEL	CAN
19:10-20:00	ADV.PİLATES	STÜDYO	ONUR
20:10-21:00	ENERGY STEP	STÜDYO	ONUR

CUMA

SAAT	DERS	STÜDYO	EĞİTMEN
10:30-11:20	MAC STRONGER	STÜDYO	CAN
13:00-13:30	EXP.BODY FİT	STÜDYO	CAN
16:00-16:30	GFX MOVE	STÜDYO	NESLİHAN
16:30-17:00	CRUNCH AND BURN	STÜDYO	NESLİHAN
18:30-19:00	EXP.AERO HAT	STÜDYO	ECEM
19:10-19:40	GFX MOVE	STÜDYO	ECEM
19:10-19:40	EXP.CYCLE	CYCLE	İBRAHİM
19:10-20:00	PİLATES	STÜDYO	ONUR
20:10-21:00	BODY FİT	STÜDYO	ERGİN
20:10-20:40	EXP.CYCLE	CYCLE	ECEM

CUMARTESİ

SAAT	DERS	STÜDYO	EĞİTMEN
10:30-11:00	EXP.CYCLE	CYCLE	UFUK
11:10-11:40	GFX MOVE	FONKSİYONEL	UFUK
13:30-14:20	PİLATES	STÜDYO	NESLİHAN
18:30-19:00	GFX MOVE	STÜDYO	BERFU
19:10-:20:00	BODY FİT	STÜDYO	BERFU

PAZAR

SAAT	DERS	STÜDYO	EĞİTMEN
11:00-11:50	PİLATES	STÜDYO	ECEM
12:00-12:30	STRETCHİNG	STÜDYO	ECEM
16:30-17:00	GFX MOVE	STÜDYO	BURÇA
17:10-18:00	FİT DANCE	STÜDYO	BURÇA
18:10-:19:00	MAC STRONGER	STÜDYO	BERFU

NOTLAR

Grup derslerimiz için mobil aplikasyonumuzdan randevunuzu almayı unutmayınız.