

PAZARTESİ				SALI				ÇARŞAMBA				PERŞEMBE			
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:50	Pilates Equipment	Studio	Alican	10:00-10:50	Pilates Equipment	Studio	Melisa G.	10:00-10:30	Exp. Bodyfit	Studio	Berk	10:00-10:30	Crunch&Burn	Gym Area	Cihat
11:00-11:30	GFX 1 Go	Gym Area	Alican	11:00-11:30	GFX 2 Move	Gym Area	Melisa G.	10:30-11:00	Crunch&Burn	Studio	Berk	10:30-11:00	GFX 1 Go	Gym Area	Cihat
18:30-19:00	Exp. Bodyfit	Studio	Cihat	14:00-14:30	Crunch&Burn	Gym Area	Melisa G.	11:00-11:50	Pilates Equipment	Studio	Ural	11:00-11:30	Exp.Cycle	Studio	Burak
19:00-19:30	Crunch&Burn	Studio	Cihat	18:00-18:50	Pilates Equipment	Studio	Alican	15:00-15:30	Crunch&Burn	Gym Area	Uğur	16:00 -16:30	Crunch&Burn	Gym Area	Berk
19:30-20:00	Exp.Cycle	Studio	Cihat	18:00-18:30	Crunch&Burn	Studio	Burak	15:30-16:00	GFX 2 Move	Gym Area	Uğur	16:30-17:00	GFX 1 Go	Gym Area	Berk
20:10-21:00	Pilates Advance	Studio	Mustafa	18:30-19:00	GFX 1 Go	Studio	Burak	18:00-18:30	GFX 1 Move	Gym Area	Mustafa	18:00-18:50	Pilates Equipment	Studio	Alican
21:00-21:30	Express Abs	Gym Area	Melisa G.	19:00-19:50	Bodyfit	Studio	Berk	18:30-19:00	Crunch&Burn	Gym Area	Mustafa	19:00-19:30	Exp. Bodyfit	Studio	Melisa G.
21:30-22:00	Streching	Gym Area	Melisa G.	20:00-20:30	Crunch&Burn	Studio	Burak	19:00-19:30	Exp. Bodyfit	Studio	Ceren	19:30-20:00	Crunch&Burn	Studio	Melisa G.
				20:30-21:00	Exp.Cycle	Studio	Cihat	19:30-20:00	Exp.Cycle	Studio	Ceren	20:00-20:30	Exp.Cycle	Studio	Uğur
								20:10-21:00	Pilates Equipment	Studio	Alican	20:30-21:00	Crunch&Burn	Studio	Uğur
CUMA				CUMARTESİ				PAZAR				NOTLAR			
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN				
10:00-10:50	Pilates Equipment	Studio	Mustafa	11:00-11:50	Pilates Equipment	Studio	Ceren	11:00-11:50	Pilates Equipment	Studio	Uğur				
11:00 - 11:30	Exp. Bodyfit	Studio	Mustafa	12:00-12:30	GFX 1 Go	Gym Area	Ceren	12:00-12:30	GFX 2 Go	Gym Area	Uğur				
11:30-12:00	Crunch&Burn	Studio	Mustafa	15:30-16:00	Crunch&Burn	Gym Area	Mustafa	15:30-16:00	Exp. Aero H.A.T	Studio	Burak				
17:00-17:30	GFX 1 Move	Gym Area	Uğur	16:00-16:30	GFX 4 Go	Gym Area	Mustafa	16:00-16:30	Crunch&Burn	Studio	Burak				
17:30-18:00	Streching	Gym Area	Uğur	17:00-17:30	Exp. Abs	Studio	Melisa G.	16:30-17:00	Streching	Studio	Burak				
19:00-19:50	Pilates Equipment	Studio	Uğur	17:30-18:00	Streching	Studio	Melisa G.	18:00-18:30	Exp. Bodyfit	Studio	Ural				
20:00-20:30	Exp. Aero H.A.T	Studio	Ural					18:30-19:00	Crunch&Burn	Studio	Ural				
20:30-21:00	Crunch&Burn	Studio	Ural												

Grup derslerimiz için mobil uygulamanımızdan randevunuzu almayı unutmayınız.