MACFIT

ŞUBAT DERS PROGRAMI

PAZARTESİ				SALI				ÇARŞAMBA				PERŞEMBE			
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:30	Exp. Body Fit	Studio	Mert	10:00-10:30	Crunch&Burn	Studio	Selim	10:00-10:50	Pilates Studio	Studio	Emre	10:00-10:50	FIT DANCE	Studio	Ayten
10:30-11:00	Crunch&Burn	Studio	Mert	10:30-11:00	Exp. Cycling	Studio	Selim	10:50-11:20	Exp. Cycling	Cycle	Eren	10:50-11:20	Stretching	Studio	Ayten
11:00-11:30	GFX 3 MOVE	Studio	Barış	11:00-11:30	GFX 4 MOVE	Studio	Selim	11:20-11:50	GFX 1 MOVE	Studio	Eren	11:20-11:50	GFX 4 GO	TRX Zone	Ayten
18:00-18:30	Exp. Cycling	Cycle	Batuhan	18:30-19:00	Exp. Cycling	Cycle	Batuhan	18.00-18.30	Exp. Cycling	Cycle	Selim	18:30-19:00	Exp. Cycling	Studio	Eren
18:30-19:00	GFX 3 MOVE	TRX Zone	Doğukan	18:30-19:20	Body Fit	Studio	Doğukan	18:30-19:00	GFX 1 MOVE	TRX Zone	Selim	18:30-19:20	Body Fit	Studio	Selim
18:30-19:20	Zumba	Studio	Ayten	19:00-19:30	Crunch&Burn	TRX Zone	Emre	18:30-19:20	Zumba	Studio	Ayten	19:00-19:30	GFX 3MOVE	TRX Zone	Barış
19:00-19:30	Exp. Cycling	Cycle	Batuhan	19:00-19:30	GFX 1 EXTREME	TRX Zone	Barış	19:00-19:30	Exp. Cycling	Cycle	Selim	19:00-19:30	Exp. Cycling	Cycle	Batuhan
19:00-19:30	Crunch&Burn	TRX Zone	Doğukan	19:30-20:00	Exp. Cycling	Cycle	Batuhan	19:30-20:00	Exp. Cycling	Cycle	Selim	19:30-20:20	Pilates Studio ADV	Studio	Barış
19:30-20:00	GFX 1 MOVE	TRX Zone	Batuhan	19:30-20:20	Pilates Studio	Studio	Emre	19:30-20:00	GFX 4 EXTREME	TRX Zone	Doğukan	20:00-20:30	Exp. Cycling	Studio	Eren
19:30-20:20	Body Fit	Studio	Eren	20:00-20:30	Exp. Cycling	Cycle	Batuhan	19:30-20:20	Body Fit	Studio	Mert	20:30-21:00	Stretching	Studio	Barış
20:00-20:30	Exp. Cycling	Cycle	Selim	20:30-21:00	Exp. Cycling	Cycle	Eren	20:00-20:30	Exp. Cycling	Cycle	Selim				
20:30-21:20	Pilates Studio	Studio	Batuhan	20:20-20:50	Streching	Studio	Ayten	20:30-21:20	Pilates Studio	Studio	Doğukan				
20.30-21.00	Exp. Cycling	Cycle	Selim					21:20-21:50	Streching	Studio	Barış				

CUMA				CUMARTESİ				PAZAR				NOTLAR
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	
10:00-10:50	Pilates Studio	Studio	Batuhan	12:00-12:30	GFX 4 EXTREME	TRX Zone	Mert	12:00-12:30	GFX 3 MOVE	TRX Zone	Barış	Grup derslerimiz için mobil aplikasyonumuzdan randevunuzu almayı unutmayınız
18:00-18:30	Exp. Cycling	Cycle	Eren	12:30-13:20	Pilates Studio	Studio	Eren	12:30-13:20	Pilates Studio	Studio	Ayten	
18:30-19:20	Pilates Studio	Studio	Doğukan	13:20-13:50	Exp. Cycling	Cycle	Eren	13:30-14:20	Body Fit	Studio	Emre	
19:00-19:30	Crunch&Burn	Studio	Barış	13:50-14:20	Streching	Studio	Eren	15:00-15:30	GFX 4 EXTREME	Studio	Serkan	
19:00-19:31	Exp. Cycling	Cycle	Selim	14:30-15:00	GFX 1 MOVE	Studio	Eren					
19:30-20:00	GFX 2 EXTREME	TRX Zone	Doğukan									
19:30-20:20	Body Fit	Studio	Selim									
20:30-21:00	Crunch&Burn	Studio	Barış									
20:30-21:00	Exp. Cycling	Cycle	Selim									