

PAZARTESİ

SAAT	DERS	STÜDYO	EĞİTMEN
07:30-08:00	Crunch&Burn	Studio	Oğuzhan
08:10-08:40	DMC Fit	Studio	Oğuzhan
10:30-11:00	Crunch&Burn	Studio	Önder
11:00-11:30	DMC Fit	Studio	Önder
12:30-13:20	Pilates Advanced	Studio	Çağhan
13:30-14:00	Exp.Cycle	Studio	Kaan
16:15-16:45	Crunch&Burn	Studio	Melisa
17:00-17:30	GFX 1 Go	gym	Melisa
17:45-18:15	Exp.Aero H.A.T	Studio	Buse
18:30-19:00	Exp.Cycle	Studio	Ayşenur
19:10-20:00	Pilates Advanced	Studio	Diğdem
20:10-20:40	Exp.Body Fit	Studio	Cihan
20:40-21:00	Stretching	Studio	Cihan
21:10-21:40	DMC Fit	Studio	Ümit
21:40-22:00	Stretching	Studio	Ümit

SALI

SAAT	DERS	STÜDYO	EĞİTMEN
07:30-08:20	Pilates equipment	Studio	Diğdem
10:45-11:15	Crunch&Burn	Studio	Serhat
11:15-11:45	DMC Fit	Studio	Serhat
12:30-13:00	Exp.Body Fit	Studio	Çağhan
14:00-14:30	DMC Fit	Studio	Cihan
15:30-16:00	Crunch&Burn	Studio	Cihan
16:30-17:00	GFX 1 Go	gym	Cihan
17:00-17:30	ABS Crunch	Studio	Ayşenur
17:40-18:10		Studio	Buse
18:10-18:40	DMC Fit	Studio	Ayşenur
18:45-19:35	Dans Workout	Studio	Melih
19:45-20:15	Exp.Cycle	Studio	Berke
20:30-21:00	Exp.Body Fit	Studio	Önder
21:00-21:20	Stretching	Studio	Önder

ÇARŞAMBA

SAAT	DERS	STÜDYO	EĞİTMEN
07:30-08:00	DMC Fit	Studio	Ümit
08:00-08:30	Crunch&Burn	Studio	Ümit
10:00-10:30	ABS Crunch	Studio	Diğdem
10:30-11:00	DMC Fit	Studio	Diğdem
12:30-13:20	Pilates Studio	Studio	Ayşenur
14:00-14:30	Crunch&Burn	Studio	Çağhan
14:30-15:00	DMC Fit	Studio	Çağhan
16:30-17:00	GFX 1 Move	gym	Çağhan
18:40-19:10		Studio	Kaan
19:30-20:20	Pilates Advanced	Studio	Necati
20:30-21:00	Exp.Cycle	Studio	Melih
21:15-21:45	Crunch&Burn	Studio	Oğuzhan
21:45-22:15	DMC Fit	Studio	Oğuzhan

PERŞEMBE

SAAT	DERS	STÜDYO	EĞİTMEN
07:30-08:00	Fit Ball	Studio	Necati
08:00-08:20	Stretching	Studio	Necati
10:30-11:00	DMC Fit	Studio	Ümit
12:30-13:20	Body Fit	Studio	Ümit
13:30-14:00	ABS Crunch	Studio	Melih
14:00-14:30	DMC Fit	Studio	Melih
15:30-16:00	Exp.Aero H.A.T	Studio	Kaan
17:00-17:30	GFX 1 Go	gym	Önder
17:00-17:30	Exp.Cycle	Studio	Kaan
17:45-18:15	DMC Fit	Studio	Buse
18:30-19:20	Pilates equipment	Studio	Buse
19:30-20:00	Exp. Cycle	Studio	Cihan
20:10-21:00	Mac Stronger	Studio	Önder
21:10-21:40	Crunch&Burn	Studio	Diğdem
21:40-22:10	DMC Fit	Studio	Diğdem

CUMA

SAAT	DERS	STÜDYO	EĞİTMEN
07:30-08:00	Crunch&Burn	Studio	Ayşenur
08:00-08:30	DMC Fit	Studio	Ayşenur
12:30-13:20	Pilates Studio	Studio	Ümit
14:00-14:30	Exp.Bodyfit	Studio	Necati
15:00-15:30	Exp.Cycle	Studio	Cihan
16:30-17:00	Crunch&Burn	Studio	Berke
17:00-17:30	DMC Fit	Studio	Berke
17:00-17:30	GFX 2 Go	gym	Oğuzhan
18:30-19:00		Studio	Kaan
19:10-20:00	Pilates Advanced	Studio	Serhat
20:10-21:00		Studio	Melisa
21:15-21:45	ABS Crunch	Studio	Serhat

CUMARTESİ

SAAT	DERS	STÜDYO	EĞİTMEN
11:00-11:30	ABS Crunch	Studio	Önder
11:30-12:00	DMC Fit	Studio	Önder
14:00-14:30	Exp. Cycle	Studio	Melih
15:00-15:30	Crunch&Burn	Studio	Melih
15:30-16:00	DMC Fit	Studio	Melih
17:30-18:00	Exp.Body Fit	Studio	Çağhan
17:30-18:00	GFX 1 Go	Studio	Cihan
19:10-20:00	Pilates equipment	Studio	Ayşenur

PAZAR

SAAT	DERS	STÜDYO	EĞİTMEN
11:00-11:30	Crunch&Burn	Studio	Oğuzhan
11:30-12:00	DMC Fit	Studio	Oğuzhan
14:00-14:30	Exp. Cycle	Studio	Necati
15:00-15:30	Fitball	Studio	Necati
15:45-16:15	Crunch&Burn	Studio	Serhat
18:00-18:30	Exp.Body Fit	Studio	Kaan
19:10-20:00	Pilates Studio	Studio	Buse

NOTLAR

Grup derslerimiz için mobil aplikasyonumuzdan randevunuzu almayı unutmayınız
GFX VE GRUP DERSLERİNİN YAPILABİLMESİ İÇİN 1 KATILIMCI OLMASI YETERLİDİR.