MAC FIT

DERS PROGRAMI

PAZARTESİ

SAAT	DERS	STÜDYO	EĞİTMEN
10.00 - 10:30	Exp. Body Fit	Studyo	ULAŞ
10:30-11:00	Crunch Burn	Studio	ULAŞ
11:00-11:30	GFX Go	Gym Floor	ULAŞ
12:00-12:30	Crunch Burn	Studyo	UĞUR
12:30-13:00	GFX Go	Gym Floor	UĞUR
18:00-18:30	Crunch Burn	Studyo	MEHMETCAN
18:30 - 19:20	Pilates Studyo	Studyo	SELİN
18:30 - 19:00	Express Cycling	Cycle	BURAK
19:05-19:35	Express Cycling	Cycle	ÖNDER
19:20-19:50	GFX Go	Gym Floor	SELİN
19:30 -20:20	Fit Dance	Studyo	MEHMETCAN
19:35-20:05	GFX Move	Gym Floor	ÖNDER
19:40-20:10	Express Cycling	Cycle	TUĞÇE
20:10-20:30	GFX Go	Gym Floor	TUĞÇE
20:15-20:45	Express Cycling	Cycle	BURAK
20:20 - 20:50	GFX Go	Gym Floor	MEHMETCAN
20:30 - 21:00	Exp. Body Fit	Studio	ÖNDER
21:00-21:30	Crunch Burn	Studyo	ÖNDER

SALI

SAAT	DERS	STÜDYO	EĞİTMEN
10:00-10:50	Pilates Studio	Studio	SELİN
12:00-12:30	GFX Move	Gym Floor	SELİN
12:30 - 13:20	Pilates Studio	Studio	SELİN
16:30-17:00	GFX Go	Gym Floor	ALP
17:20-17:50	Crunch Burn	Studyo	ALP
18:00-18:30	Exp. Body Fit	Studyo	ULAŞ
18:30 - 19:00	Exp. Body Fit	Studyo	EREN
18:00-18:30	Express Cycling	Cycle	ALP
19:00-19:30	Crunch Burn	Studyo	EREN
18:35-19:05	Express Cycling	Cycle	ULAŞ
19:30-20:20	YOGA	Studyo	HAZAL
19:05-19:35	GFX Go	Gym Floor	ULAŞ
19:15-19:45	Express Cycling	Cycle	GİRAY
19:45-20:15	Express Cycling	Cycle	GİRAY
20:15-20:45	GFX Move	Gym Floor	GİRAY
20:30- 21:20	Pilates Studio	Studio	HAZAL
21:30-22:00	GFX Go	Gym Floor	EREN

ÇARŞAMBA

SAAT	DERS	STÜDYO	EĞİTMEN
10:00 - 10:30	Crunch Burn	Studio	ALP
10:30-11:00	Stretching	Studio	ALP
12:30-13:20	YOGA	Studyo	HAZAL
12:30- 13:00	Express Cycling	Cycle	EREN
13:00-13:30	GFX Go	Gym Floor	EREN
16:30-17:00	GFX Move	Gym Floor	EREN
17:00-17:30	GFX Go	Gym Floor	GİRAY
18:00-18:30	Crunch Burn	Studyo	SELİN
18:30-19:00	GFX Move	Gym Floor	SELİN
18:45-19:15	Express Cycling	Cycle	UĞUR
18:30-19:00	Exp. Body Fit	Studio	GİRAY
19:15-19:45	GFX Go	Gym Floor	UĞUR
19:00-19:30	Crunch Burn	Studyo	GİRAY
19:15-19:45	Express Cycling	Cycle	SELİN
19:30-20:20	Fit Dance	Studyo	AKİF
19:45-20:15	Express Cycling	Cycle	UĞUR
20:30-21:20	Pilates Studio	Studio	SELİN
20:20-20:50	GFX Go	Gym Floor	AKİF

PERŞEMBE

SAAT	DERS	STÜDYO	EĞİTMEN
10:00 - 10:50	Pilates Studio	Studio	MEHMETCAN
12:30 - 13:20	Pilates Studio	Studyo	MEHMETCAN
15:00-15:30	GFX Go	Gym Floor	HAZAL
16:30-17:00	GFX Move	Gym Floor	TUĞÇE
17:30-18:00	GFX Go	Gym Floor	HAZAL
18:00-18:50	Pilates Studio	Studio	TUĞÇE
19:00-19:30	Express Cycling	Cycle	TUĞÇE
19:00-19:30	Exp. Body Fit	Studyo	HAZAL
19:30-20:20	Fit Dance	Studyo	HAZAL
19:30-20:00	Express Cycling	Cycle	EREN
20:00-20:30	GFX Go	Gym Floor	EREN
20:05-21:35	Express Cycling	Cycle	ULAŞ
20:35-21:05	GFX Move	Gym Floor	ULAŞ
20:30-21:20	YOGA**	Studio	HAZAL
21:30-22:00	GFX Go	Gym Floor	EREN

CUMA

SAAT	DERS	STÜDYO	EĞİTMEN
11:00-11:30	GFX Move	Gym Floor	TUĞÇE
12:00-12:50	Pilates Studio	Studio	TUĞÇE
15:30-16:00	GFX Move	Gym Floor	BURAK
18:30-19:00	Express Cycling	Cycle	BURAK
18:30-19:00	Crunch Burn	Studio	ÖNDER
19:00-19:30	GFX Go	Gym Floor	BURAK
19:00- 19:50	Adv. Pilates	Studio	AKİF
19:10-19:40	Express Cycling	Cycle	ÖNDER
19:40-20:10	GFX Move	Gym Floor	ÖNDER
20:00-20:30	Express Cycling	Cycle	AKİF
20:30-21:00	GFX Move	Gym Floor	AKİF

CUMARTESİ

SAAT	DERS	STÜDYO	EĞİTMEN
10:00 - 10:50	Pilates Studio	Studio	MEHMETCAN
11:00-11:30	GFX Go	Gym Floor	MEHMETCAN
13:30-14:20	YOGA**	Studio	HAZAL
15:30-16:00	Exp. Mac Stronger	Studio	GİRAY
16:00-16:30	Crunch Burn	Studio	GİRAY
16:30-17:00	GFX Move	Gym Floor	HAZAL
16:35-17:05	Express Cycling	Cycle	UĞUR
17:05-17:30	GFX Go	Gym Floor	UĞUR
18:00-18:30	GFX Move	Gym Floor	HAZAL
19:00-19:30	GFX Go	Gym Floor	UĞUR

PAZAR

SAAT	DERS	STÜDYO	EĞİTMEN
12:30-13:20	Pilates Studio	Studio	AKİF
13:30-14:00	GFX Go	Gym Floor	AKİF
16:30-17:00	Crunch Burn	Studio	BURAK
17:00-17:30	Exp. Body Fit	Studyo	ALP
17:30-18:00	Crunch Burn	Studio	ALP
18:00-18:30	GFX Move	Gym Floor	ALP
19:00-19:30	GFX Go	Gym Floor	BURAK

NOTLAR

**ÜCRETLİ GRUP DERSİDİR.HAZAL KINDIRA İLE İLETİŞİME GEÇEBİLİRSİNİZ.
Grup derslerimiz için mobil aplikasyonumuzdan randevunuzu almayı unutmayınız