MACFIT — DERS PROGRAMI

PAZARTESİ				SALI				ÇARŞAMBA				PERŞEMBE			
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN
09:20-09:50	GFX Synergy	Synergy	Barış	09:20-09:50	GFX Synergy	Synergy	Aslı	09:20-09:50	GFX Synergy	Synergy	Yüksel	09:20-09:50	GFX Synergy	Synergy	Çağrı
10:10-11:00	Pilates	Studio	Barış	10:10-11:00	Body Fit	Studio	Aslı	10:10-11:00	Energy Step	Studio	Kaan	10:00-10:30	Exp.Body Fit	Studio	Çağrı
12:30-13:20	Pilates	Studio	Burak	12:10-13:00	Pilates	Studio	Yağmur	12:10-13:00	Pilates	Studio	Yağmur	11:00-11:50	Pilates	Studio	Yüksel
14:00-14:30	GFX Synergy	Synergy	Burak	14:00-14:30	GFX Synergy	Synergy	Yağmur	13:30-14:00	GFX Synergy	Synergy	Yağmur	12:30-13:00	Crunch&Burn	Studio	Yüksel
18:00-18:50	Body Fit	Studio	Şevki	18:30-19:00	Exp.Cycling	Cycle Studio	Ahmet	18:30-19:00	Crunch&Burn	Studio	Çağrı	18:00-18:50	Pilates	Studio	Burak
19:00-19:30	Exp.Cycling	Cycle Studio	Ahmet	19:00-19:50	Pilates	Studio	Burak	19:00-19:30	Exp.Cycling	Cycle Studio	Barış	18:50-19:40	Latin Aerobic	Studio	Ertuğrul
19:30-20:20	Energy Step	Studio	Kaan	20:30-21:00	Crunch&Burn	Studio	Burak	19:00-19:50	Energy Step	Studio	Kaan	19:00-19:30	GFX Synergy	Synergy	Ömer
19:35-20:05	Exp.Cycling	Cycle Studio	Ahmet	21:00-21:30	Stretching	Studio	Ömer	19:35-20:05	Exp.Cycling	Cycle Studio	Barış	19:30-20:00	Exp.Cycling	Cycle Studio	Aslı
20:00-20:30	GFX Synergy	Synergy	Yüksel					20:00-20:50	Body Fit	Studio	Şevki	20:00-20:50	Body Fit	Studio	Ömer
20:30-21:00	Crunch&Burn	Studio	Yüksel					20:30-21:00	GFX Synergy	Synergy	Barış				

CUMA				CUMARTESİ				PAZAR			
SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN	SAAT	DERS	STÜDYO	EĞİTMEN
09:30-10:00	GFX Easy	GFX Area	Barış								
10:10-11:00	Pilates	Studio	Barış	12:30-13:20	Body Fit	Studio	Şevki	12:30-13:00	Crunch&Burn	Studio	Aslı
11:00-11:30	GFX Synergy	Synergy	Ömer	13:30-14:00	Crunch&Burn	Studio	Şevki	13:30-14:00	GFX Synergy	Synergy	Aslı
12:10-13:00	Body Fit	Studio	Şevki								
				17:30-18:00	GFX Synergy	Synergy	Ömer	16:30-17:00	Exp.Body Fit	Studio	Ahmet
18:30-19:00	GFX Synergy	Synergy	Ahmet	18:00-18:50	Pilates	Studio	Barış	18:00-18:50	Pilates	Studio	Yağmur
19:00-19:50	Body Fit	Studio	Atakan								
19:00-19:30	Exp.Cycling	Cycle Studio	Aslı								
20:00-20:30	Crunch&Burn	Studio	Aslı								

*DERSLERİN YAPILABİLMESİ İÇİN TEK KATILIMCI OLMASI YETERLİDİR.

*DERSLERE KATILIM İÇİN MACFIT MOBİL UYGULAMASINDAN RANDEVU ALABİLİRSİNİZ.

*DERSLERDE RANDEVU ALAN ÜYELERİMİZ ÖNCELİKLİDİR.

*DERS PROGRAMINI www.macfit.com.tr ADRESİNDEN VE MOBİL UYGULAMADAN İNDİREBİLİRSİNİZ.

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