

2018 YAZ STÜDYO GRUP DERSLERİ PROGRAMI

PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA	CUMARTESİ	PAZAR
07 ⁰⁰ -07 ⁵⁰ SPIN & CRUNCH KARDİYO		07 ⁰⁰ -07 ⁵⁰ SPIN & CRUNCH KARDİYO		07 ⁰⁰ -07 ⁵⁰ SPIN & CRUNCH KARDİYO		
	07 ⁰⁰ -07 ⁵⁰ YOGA BODY & MIND		07 ⁰⁰ -07 ⁵⁰ PİLATES BODY & MIND	07 ⁰⁰ -07 ⁵⁰ YOGA BODY & MIND		
10 ⁰⁰ -10 ⁵⁰ PİLATES BODY & MIND		10 ⁰⁰ -10 ⁵⁰ HEART - CORE KUVVET&KARDİYO		10 ⁰⁰ -10 ⁵⁰ PUMP-UP KUVVET		
11 ⁰⁰ -11 ⁵⁰ SPIN&TRX KUVVET & KARDİYO	11 ⁰⁰ -11 ⁵⁰ YOGA BODY & MIND	11 ⁰⁰ -11 ⁵⁰ PİLATES BODY & MIND	11 ⁰⁰ -11 ⁵⁰ YOGA BODY & MIND		11 ⁰⁰ -11 ⁵⁰ PILATES BODY & MIND	
12 ⁰⁰ -12 ⁵⁰ YOGA BODY & MIND					12 ⁰⁰ -12 ⁵⁰ TOUR D-GYM KARDİYO	12 ⁰⁰ -12 ⁵⁰ SPIN & CRUNCH KARDİYO
						13 ⁰⁰ -13 ⁵⁰ YOGA BODY & MIND
18 ⁰⁰ -18 ²⁵ ABS Express KUVVET	18 ⁰⁰ -18 ²⁵ MYOFASCIAL RELEASE ESNEKLİK	18 ⁰⁰ -18 ²⁵ ABS Express KUVVET	18 ⁰⁰ -18 ²⁵ MYOFASCIAL RELEASE ESNEKLİK	18 ⁰⁰ -18 ²⁵ ABS Express KUVVET		
18 ⁰⁰ -18 ⁵⁰ YOGA BODY & MIND			18 ⁰⁰ -18 ⁵⁰ YOGA BODY & MIND			
18 ¹⁵ -18 ⁵⁵ D-POWER KUVVET & KARDİYO	18 ¹⁵ -18 ⁵⁵ PİLATES BODY & MIND	18 ¹⁵ -18 ⁵⁵ willPower & grace® KARDİYO		18 ¹⁵ -18 ⁵⁵ PİLATES BODY & MIND		
18 ³⁰ -18 ⁵⁵ STRETCHING ESNEKLİK	18 ³⁰ -18 ⁵⁵ ABS Express KUVVET	18 ³⁰ -18 ⁵⁵ STRETCHING ESNEKLİK	18 ³⁰ -18 ⁵⁵ ABS Express KUVVET	18 ³⁰ -18 ⁵⁵ STRETCHING ESNEKLİK		
19 ⁰⁰ -19 ⁵⁰ TOUR D-GYM KARDİYO	19 ⁰⁰ -19 ⁵⁰ H.2XI.T. KUVVET & KARDİYO	19 ⁰⁰ -19 ⁵⁰ TOUR D-GYM KARDİYO	19 ⁰⁰ -19 ⁵⁰ EXTREME TRX KUVVET	19 ⁰⁰ -19 ⁵⁰ HEART CORE KUVVET & KARDİYO		
		19 ⁰⁰ -19 ⁵⁰ YOGA BODY & MIND				