

STÜDYO DERS PROGRAMI

STUDIO CLASS SCHEDULE



	Pazartesi Monday	Salı Tuesday	Çarşamba Wednesday	Perşembe Thursday	Cuma Friday	Cumartesi Saturday
07.00	Six Pack 30'(Gym)	Six Pack 30'(Gym)	Six Pack 30'(Gym)	Six Pack 30'(Gym)	Six Pack 30'(Gym)	Six Pack 30'(Gym)
07.30			Yoga for Beginners 50 Min. İdil			
09.00		Express Training 50 Min. Demet		Pilates Mat. 60 Min.	Dance Mix. 50 Min. Demet	
10.00		Yoga for Beginners 50 Min. İdil		Yin Yoga&Meditation 50 Min. İdil	Yin Yoga&Meditation 50 Min. İdil	Yoga for Beginners 50 Min. Zeynep
10.30	Yin Yoga & Meditation 50 Min. Berna		Yin Yoga&Meditation 50 Min. Berna			
11.00				Core&More 50 Min. Demet	Express Training 50 Min. Demet	
12.00	Core&More 50 Min. Demet	Pilates Mat. 60 Min.	Tae-Bo&Stretching 50 Min. Demet	Dance Mix. 50 Min. Demet	Pilates Mat. 60 Min.	Pilates Mat. 60 Min.
13.00		AquaGym 50 Min.		AquaGym 50 Min.	Yin&Yang Yoga 50 Min.İrem	Aqua Gym 50 Min.
18.00					Power Body 45 Min.	
18.15	Spinning 50 Min.	Power Body 45 Min.	Spinning 50 Min.	Spinning 50 Min.		
19.00					Pilates Mat. 60 Min.	
19.15		Yoga for Beginners 50 Min. Berna				
19.30	Pilates Mat. 60 Min.		Pilates Mat. 60 Min.			
20:15		Tae-Bo&Stretching 50 Min. Demet				
20.30	Yoga For Beginners 50 Min. Mehtap			Yoga for Beginners 50 Min. Mehtap		