

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		PİLATES (10:00-10:45)		YOGA 09:30-11:00		PİLATES (10:00-10:45)		YOGA 09:30-11:00	
PİLATES MAT WORK (11:15-12:15)	AQUA (11:00-11:45)	CRUNCH (11:00-11:45)		PİLATES MAT WORK (11:15-12:00)	AQUA (11:00-11:45)	CRUNCH (11:00-11:45)		PİLATES MAT WORK (11:15-12:15)	AQUA (11:00-11:45)
ZUMBA (12:15-13:00)		SPINNING (12:00-12:45)		STRETCHING & MOBİLİ ZATION (12:00-12:45)		ZUMBA (12:15-13:00)			
CRUNCH (18:00-18:45)		CRUNCH (17:30-18:15)		CRUNCH (17:30-18:15)		CRUNCH (17:30-18:15)			
TOTAL BODY (19:00-19:45)				TABATA (18:30-19:15)		PİLATES (18:30-19:15)		TOTAL BODY (18:30-19:15)	
		PİLATES (18:30-19:15)	YOGA 19:30-20:30			YOGA 19:30-20:30			
PAZARTESİ		SALI				PERŞEMBE		CUMA	

GRUP DERSLERİMİZ **MİNİMUM ÜÇ KİŞİNİN** KATILIMI İLE GERÇEKLEŞECEKTİR .

GROUP LESSONS WILL TAKE PLACE WITH A MINIMUM OF THREE PARTICIPANTS

AQUA DERSİ, BOYU 155CM'den KISA MİSAFİRLERİMİZ İÇİN UYGUN DEĞİLDİR.