



STÜDYO YAZ DERS PROGRAMI / STUDIO SUMMER CLASS SCHEDULE

	PAZARTESİ MONDAY	SALI TUESDAY	ÇARŞAMBA WEDNESDAY	PERŞEMBE THURSDAY	CUMA FRIDAY	CUMARTESİ SATURDAY
07.30			Swissotel Living Teras Yoga 50 Min			
10.00		Yoga for Beginner 50 Min İdil			Yin Yoga Meditation 50 Min İdil	Bootcamp 50 Min Demet
10.30	Yin Yoga Meditation 50 Min Berna		Yoga for Back Pain 50 Min Berna			
11.00		Dance Mix 50 Min Demet	Six Pack 30 Min (Gym-Esat)	Dance Mix 50 Min Demet		Pilates Mat 60 Min
12.00	Core & More 50 Min Demet	Pilates Mat 60 Min	Tae - Bo 50 Min Demet	Pilates Mat 60 Min	Core & More 50 Min Demet	Aqua Gym 50 Min
13.00		Aqua Gym 50 Min Başak		Poolbike 50 Min Onur		
18.00	Spinning 50 Min		Spinning 50 Min	Spinning 50 Min		
18.15		Power Body 50 Min			Power Body 50 Min	
19.30	Pilates Mat 60 Min	Beginner Yoga 50 Min	Pilates Mat 60 Min		Pilates Mat 60 Min	
20.00						