

# STÜDYO DERS PROGRAMI - STUDIO CLASS SCHEDULE

	PAZARTESİ MONDAY	SALI TUESDAY	ÇARŞAMBA WEDNESDAY	PERŞEMBE THURSDAY	CUMA FRIDAY	CUMARTESİ SATURDAY
07.00	<b>Six Pack 30' (Gym)</b>	<b>Six Pack 30' (Gym)</b>	<b>Six Pack 30' (Gym)</b>	<b>Six Pack 30' (Gym)</b>	<b>Six Pack 30' (Gym)</b>	<b>Six Pack 30' (Gym)</b>
09.00				<b>Pilates Mat 60 Min Nesibe</b>		
10.00		<b>Yoga for Beginner 50 Min İdil</b>		<b>Yin Yoga &amp; Meditation 50 Min İdil</b>	<b>Yin Yoga Meditation 50 Min İdil</b>	
10.30	<b>Yin Yoga Meditation 50 Min Berna</b>		<b>Yin Yoga &amp; Meditation 50 Min Berna</b>			
11.00		<b>Dance Mix 50 Min Demet</b>			<b>Core &amp; More 50 Min Demet</b>	<b>Pilates Mat 60 Min Nesibe</b>
12.00	<b>Core &amp; More 50 Min Demet</b>	<b>Pilates Mat 60 Min Nesibe</b>	<b>Tae-bo / Streching 50 Min Demet</b>	<b>Dance Mix 50 Min Demet</b>	<b>Pilates Mat 60 Min Nesibe</b>	<b>Core &amp; More 50 Min Demet</b>
13.00			<b>Yoga for Back Pain 50 Min Berna</b>			<b>Yoga for Back Pain 50 Min Berna</b>
18.00	<b>Spinning 50 Min</b>		<b>Spinning 50 Min</b>	<b>Spinning 50 Min</b>		
18.15		<b>Power Body 45 Min</b>			<b>Power Body 45 Min</b>	
19.00	<b>Pilates Mat 60 Min Nesibe</b>		<b>Pilates Mat 60 Min Nesibe</b>	<b>Tae-bo / Streching 50 Min Demet</b>		
19.15		<b>Yoga for Beginner 50 Min İdil-Berna</b>				
19.30					<b>Pilates Mat 60 Min Nesibe</b>	
20.00			<b>Yoga for Beginner 50 Min Pınar</b>			