pürovel
spa & sport

STÜDYO DERS PROGRAMI STUDIO CLASS SCHEDULE





	Pazartesi Monday	Salı Tuesday	Çarşamba Wednesday	Perşembe Thursday	Cuma Friday	Cumartesi Saturday
07.30			Swiss Living Teras Yoga **50 min.**			
10.30	Yin Yoga & Meditation **50 min. - İdil**	Yoga for Beginner **50 min. - İdil**			Yin Yoga & Meditation **50 min. - İdil**	
11.00			Six Pack **30 min. - Ertuğrul**			Bootcamp **50 min. - Ertuğrul**
11.00						Pilates Mat **60 min. - Nesibe**
12.00	Jazz Bar **50 min. - Demet**	Pilates Mat **60 min. - Nesibe**	Dance Mix **50 min. - Demet**	Pilates Mat **60 min. - Nesibe**	Core & More **50 min. - Demet**	
13.00		Poolbike **50 min. - Ertuğrul**	Yoga for Back Pain **60 min. - Berna**	Poolbike **50 min. - Duygu**		
18.00	Spinning **50 min. - Duygu**	Spinning **50 min. - Ertuğrul**	Spinning **50 min. - Duygu**	Spinning **50 min. - Özge**	Power Body **50 min. - Özge**	
19.15	Pilates Mat **60 min. - Nesibe**	Beginner Yoga **50 min. - Berna**	Pilates Mat **60 min. - Nesibe**			

LEADING SPAS

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