



STÜDYO DERS PROGRAMI

STUDIO CLASS SCHEDULE

	Pazartesi Monday	Salı Tuesday	Çarşamba Wednesday	Perşembe Thursday	Cuma Friday	Cumartesi Saturday
07:00	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)	Six Pack 30 Min (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	Core&More 50 Min Demet
12:00	Core&More 50 Min Demet	Pilates Mat 60 Min	Tae-Bo Streching 50 Min Demet	Dance Mix 50 Min Demet	Pilates Mat 60 Min	Pilates Mat 60 Min
13:00		Aqua Gym 50 Min		Aqua Gym 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 Streching 50 Min Demet				
20:30	Yoga for Beginners 50 Min Mehtap			Yoga for Beginners 50 Min Mehtap		