



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00		VINYASA FLOW 60 MIN İDİL					
10:30				YOGA FOR BACK PAIN 60 MIN BERNA			
11:00					CORE AND MORE 50 MIN DEMET	PILATES MAT 60 MIN BURCU	
12:00	DANCE MIX 50 MIN DEMET	PILATES MAT 60 MIN BURCU	CORE AND MORE 50 MIN DEMET	DANCE MIX 50 MIN DEMET	PILATES MAT 60 MIN ŞEYDA		
13:00	YIN YOGA AND MEDITATION 60 MIN YÖNTEM	YOGA FOR BACK PAIN 60 MIN BANU	POOLBIKE 45 MIN		YIN YOGA AND MEDITATION 60 MIN İDİL	YOGA FOR BACK PAIN 60 MIN İDİL	
13:00	POOLBIKE 45 MIN						
15:00			BEGINNER YOGA 50 MIN İDİL				
18:00			CORE AND MORE 50 MIN DEMET				
18:15	SPINNING 45 MIN DUYGU			SPINNING 45 MIN DUYGU			
18:30		ASHTANGA YOGA 60 MIN SENA			ASHTANGA YOGA 60 MIN RANA		
18:30					PILATES MAT 60 MIN ÖZGE		
18:45		FANCTIONAL TRG. 60 MIN		FANCTIONAL TRG. 60 MIN			
19:00	PILATES MAT 60 MIN ÖZGE		PILATES MAT 60 MIN ÖZGE	VINYASA YOGA 60 MIN YÖNTEM			
19:30							
20:00		YIN YOGA 60 MIN YÖNTEM					

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