pürovel
spa & sport

STÜDYO DERS PROGRAMI
STUDIO CLASS SCHEDULE



	PAZARTESİ MONDAY	SALI TUESDAY	ÇARŞAMBA WEDNESDAY	PERŞEMBE THURSDAY	CUMA FRIDAY	CUMARTESİ SATURDAY
07.30	Six Pack **30 Min Özge**	Six Pack **30 Min Burak**	Six Pack **30 Min Ertuğrul**			Six Pack **30 Min Duygu**
10.00		Yoga for Beginner **50 Min İdil**				
10.30	Yin Yoga & Meditation **50 Min İdil**			Yin Yoga & Meditation **50 Min Berna**		
11.00		Jazz Bar **50 Min Demet**			Core & More **50 Min Demet**	Pilates Mat **60 Min Nesibe**
12.00	Dance Mix **50 Min Demet**	Pilates Mat **60 Min Nesibe**	Core & More **50 Min Demet**	Dance Mix **50 Min Demet**	Pilates Mat **60 Min Nesibe**	
13.00			Yoga for Back Pain **60 Min Berna**		Yin Yoga & Meditation **50 Min İdil**	Yoga for Back Pain **60 Min Berna**
15.00						
18.00	Functional Training **50 Min**	Spinning **50 Min Özge**	Functional Training **50 Min**	Functional Training **50 Min**	Spinning **50 Min Özge**	
18.30						
19.00	Pilates Mat **60 Min Nesibe**	Ashtanga Yoga **60 Min Sena**	Pilates Mat **60 Min Nesibe**	Pilates Mat **60 Min Nesibe**	Vinyasa Yoga **60 Min Dilek**	
20.00		Yoga for Back Pain **60 Min Rana**	Yoga for Beginner **50 Min Rana**			

LEADING SPAS

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