pürovel
spa & sport

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00						PILATES MAT 60 MIN NESİBE	
12:00	CORE & MORE 50 MIN DEMET	PILATES MAT 60 MIN NESİBE	DANCE MIX 50 MIN DEMET	PILATES MAT 60 MIN NESİBE	CORE & MORE 50 MIN DEMET		
13:00	YIN YOGA AND MEDITATION 60 MIN İDİL				YIN YOGA AND MEDITATION 60 MIN İDİL		
13:00	POOLBIKE 50 MIN ÖZGE			POOLBIKE 50 MIN DUYGU			
14:00						BOOT CAMP	
18:00							
18:30		ASHTANGA YOGA 60 MIN SENA			ASHTANGA YOGA 60 MIN RANA		
19:00	PILATES MAT 60 MIN NESİBE		PILATES MAT 60 MIN NESİBE	YOGA FOR BACK PAIN 60 MIN BERNA			
20:00		YOGA FOR BACK PAIN 60 MIN RANA	BEGINNER YOGA 60 MIN RANA				
21:00							