



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00			BEGINNER YOGA 60 MIN				
10:30					CORE & MORE 50 MIN (DEMET)		
11:00		YOGA FOR BACK PAIN 60 MIN		YOGA FOR BACK PAIN 60 MIN		PILATES MAT 50 MIN (EGEMEN)	
12:00	DANCE MIX 50 MIN (DEMET)	PILATES MAT 50 MIN (EGEMEN)	DANCE MIX 50 MIN (DEMET)		PILATES MAT 50 MIN (EGEMEN)		
12:30						YOGA FOR BACK PAIN 60 MIN	
13:00	YIN YOGA 60 MIN	VINYASA YOGA 60 MIN	POOL BIKE 30 MIN (EGEMEN)	CORE CONDITION 30 MIN (BURAK)	YIN YOGA 60 MIN		
13:00	POOL BIKE 30 MIN (EGEMEN)						
15:00						FUNCTIONAL TRANG. (SERHAT) 45 MIN	
18:00	FUNCTIONAL TRANG. (SERHAT) 45 MIN		CORE & MORE 50 MIN (DEMET)	FUNCTIONAL TRANG. (SERHAT) 45 MIN			
18:30		ASHTANGA YOGA 45 MIN (SENA)			ASHTANGA YOGA 45 MIN (SENA)		
19:00	PILATES MAT 50 MIN		PILATES MAT 50 MIN	PILATES MAT 50 MIN (EGEMEN)			
20:00		YIN YOGA 60 MIN		VINYASA YOGA 60 MIN			

