

STÜDYO DERS PROGRAMI

STUDIO CLASS SCHEDULE



	Pazartesi Monday	Salı Tuesday	Çarşamba Wednesday	Perşembe Thursday	Cuma Friday	Cumartesi Saturday
07.00	Six-Pack 30' (Gym)	Six-Pack 30' (Gym)	Six-Pack 30' (Gym)	Six-Pack 30' (Gym)	Six-Pack 30' (Gym)	Six-Pack 30' (Gym)
07.30			Yoga for Beginners 50 min - Berna			
09.00				Pilates Mat 60 min.		
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 - Nihan
10.30	Yin Yoga & Meditation 50 min. - Berna		Yin Yoga & Meditation 50 min. - Berna			
11.00		Dance Mix 50 min. - Demet			Core & More 50 min. - Demet	Pilates Mat 60 min.
12.00	Core & More 50 min. - Demet	Pilates Mat 60 min.	Tae-bo / Stretching 50 min. - Demet	Dance Mix 50 min. - Demet	Pilates Mat 60 min.	Core & More 50 min. - Demet AquaGym 50 min.
13.00		AquaGym 50 min. - Başak			Yin-Yang Yoga 50 min. - Pınar	
18.00	Spinning 50 min.		Spinning 50 min.	Spinning 50 min.	Power Body 45 min.	
18.15		Power Body 45 min.				
19.00				Hip Hop 50 min. - Demet	Pilates Mat 60 min.	
19.15		Yoga for Beginners 50 min. - Berna				
19.30	Pilates Mat 60 min.		Pilates Mat 60 min.			
20.30	Yoga for Beginners 50 min. - Nihan		Yoga for Beginners 50 min - Berna			