

STÜDYO DERS PROGRAMI STUDIO CLASS SCHEDULE



	Pazartesi Monday	Salı Tuesday	Çarşamba Wednesday	Perşembe Thursday	Cuma Friday	Cumartesi Saturday	Pazar Sunday
07.00							
07.30			Swissliving Teras Yoga 50 Min				
09.00							
10.00		Yoga for Beginner 50 Min İdil			Yin Yoga Meditation 50 Min İdil	Power Yoga 50 Min	
10.30	Yin Yoga Meditation 50 Min Berna		Yoga for Back Pain 50 Min Berna				
11.00		Dance Mix 50 Min Demet	Six Pack 30 Min	Outdoor Latin Mix 50 Min Demet		Outdoor Core&More 50 Min	
12.00	Core&More 50 Min Demet	Pilates Mat 60 Min	Tae-Bo-ABS 50 Min Demet	Pilates Mat 60 Min	Core&More 50 Min Demet	Pilates Mat 60 Min	
13.00		AquaGym 50 Min Başak		Poolbike 50 Min Onur		Outdoor TRX 50 Min	
14.00						Aqua Gym 50 Min	Outdoor TRX 50 Min
18.15	Spinning 50 Min	Power Body 45 Min	Spinning 50 Min	Spinning 50 Min	Power Body 50 Min		
19.00							
19.15				Tae-Bo Streching 50 Min			
19.30	Pilates Mat 60 Min	Beginner Yoga 50 Min	Pilates Mat 60 Min		Pilates Mat 60 Min		
20.30	Yoga for Beginner 50 Min		Yoga for Beginner 50 Min				