



STÜDYO DERS PROGRAMI

STUDIO CLASS SCHEDULE

	Pazartesi Monday	Salı Tuesday	Çarşamba Wednesday	Perşembe Thursday	Cuma Friday	WEEKEND SATURDAY
07:00	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)	Six Pack 30 Min (Gym)
07:30			Yoga For Beginners 50 Min Duygu			
09:00		Express Training 50 Min Demet		Pilates Mat 60 Min	Core & More 50 Min Demet	
09:30	Aerofit 50 Min Demet					
10:00		Yoga for all levels 50 Min Özgün		Yin&Yoga Meditation 50 Min. Duygu	Yin&Yoga Meditation 50 min. Duygu	Yoga for Beginners 50 Min. Duygu
10:30	Yin&Yoga Meditation 50 Min Duygu		Yin&Yang Yoga 50 Min Duygu			
11:00		Streching 50 Min Demet			Dance Mix 50 Min Demet	Core&More 50 Min Demet
12:00		Pilates Mat 60 Min	Dance Mix 50 Min. Demet	Aero Fit 50 Min Demet	Pilates Mat 60 Min	Pilates Mat 60 Min
13:00		Aqua Gym 50 Min				Aqua Gym
17:15				Express Training 50 Min Demet		SUNDAY
18:00					Power Body 45 Min	Yin&Yang Yoga 11:00
18:15	Spinning 50 Min	Power Body 45 Min	Spinning 50 min	Spinning 50 Min		
19:00					Pilates Mat 60 Min	
19:30	Pilates Mat 60 min	Yoga (All Levels) Duygu 50 Min.	Pilates Mat 60 Min	Yoga (All Levels) 50 Min. Duygu		
20:00						
20:30	Yoga For Beginners 50 Min Duygu					