

<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>		<u>FRIDAY</u>	
CRUNCH (11:15-12:00) YILMAZ		STRETCHING (11:00-11:45) ERSEL		CRUNCH (11:00-11:45) MERT		CRUNCH (11:15-12:00) YILMAZ		CRUNCH (11:00-11:45) MERT	
TOTAL BODY (19:00-19:45) GÖNENÇ		PİLATES (19:00-19:45) ÇAĞATAY		TABATA (19:00-19:45) GÖNENÇ		CRUNCH (19:00-19:45) ERSEL		TOTAL BODY (19:00-19:45) ÇAĞATAY	

