



AMRITA  
SPA & WELLNESS



# Summer Program

Amrita Spa & Wellness'ta yaz ayları boyunca aşağıdaki stüdyo ders programı geçerlidir.

*During summer, the studio lesson schedule given below will be available at Amrita Spa & Wellness.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30		Yoga for Back Pain 60 min	Outdoor Activity				
12:00					Vinyasa Flow Yoga 60 min		
15:00			Yin Yoga 60 min				
19:00	Pilates		Yoga 60 min	Pilates			

Detaylı bilgi için/ For detailed information: (0212) 326 2990

**swissôtel THE BOSPHORUS**  
ISTANBUL

Bayıldım Cad. No: 2 Maçka, Beşiktaş 34357 İstanbul - Türkiye  
Tel: (0 212) 326 1100 Fax: (0 212) 326 1122

