

FITNESS GRUP DERSLERİ

GROUP FITNESS CLASSES

Saatler Hours	Pazartesi Monday	Salı Tuesday	Çarşamba Wednesday	Perşembe Thursday	Cuma Friday
7 ³⁰ 8 ³⁰			SPINNING ADVANCE (BERKAY)		
9 ³⁰ 10 ³⁰					YIN YOGA (KÖKLEN)
10 ⁰⁰ 11 ¹⁵		VINYASA FLOW YOGA (KÖKLEN)			
10 ⁰⁰ 10 ⁴⁵	PİLATES (BAHRİYE)		PİLATES (BURCU)	BODY SCULP (BERKAY)	
10 ³⁰ 11 ¹⁵			AQUA GYM (SERMET)		SPINNING ADVANCE (BERKAY)
11 ⁰⁰ 11 ⁴⁵	PİLATES (GAMZE)		PİLATES (GAMZE)	GYMSTICK (BURCU)	
11 ³⁰ 12 ¹⁵		BODY STEP (CEM)			SPINNING ADVANCE (BERKAY)
12 ⁰⁰ 12 ⁴⁵			SWISS LATİN (BURCU)		
12 ³⁰ 13 ¹⁵	AQUA SWISS (BAHRİYE)	SWISS BALANCE (BAHRİYE)		PİLATES (CEM)	AQUA SWISS (GAMZE)
19 ⁰⁰ 19 ⁴⁵		SPINNING ADVANCE (BERKAY)		SWISS BALANCE (BAHRİYE)	
19 ¹⁵ 20 ⁰⁰	GYMSTICK (BURCU)		BODY SCULP (CEM) 1/3. HAFTA	SWISS BODY FIT (GAMZE) 2/4. HAFTA	PİLATES (BURCU - CEM)
20 ⁰⁰ 20 ⁴⁵		SPINNING ADVANCE (BERKAY)		CIRCUIT CORE (CEM)	