

STÜDYO DERS PROGRAMI

STUDIO CLASS SCHEDULE



	Pazartesi Monday	Salı Tuesday	Çarşamba Wednesday	Perşembe Thursday	Cuma Friday	Cumartesi 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 İdil Tuna			
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 İdil		Yin&Yoga Meditation 50 Min. Sermin	Yin&Yoga Meditation 50 min. İdil	Yoga for Beginners 50 Min. Zeynep
10:30	Yin&Yoga Meditation 50 Min Berna		Yin&Yang Yoga 50 Min Berna			
11:00		Tae Bo 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			Yin&Yang Yoga 50 Min İdil Kemer	Aqua Gym 50 Min
17:15				Express Training 50 Min Demet		
18:00					Power Body 45 Min	
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) Zeynep 50 Min.	Pilates Mat 60 Min	Yoga (All Levels) 50 Min. Sermin		
20:00						
20:30	Yoga For Beginners 50 Min Zeynep					