



MAC SANKOPARK
2019 TEMMUZ / 2019 JULY

www.marsathletic.com

PAZARTESİ * MONDAY

Cycling ADV ***	10:30-11:20	Recep	Cycling
Aqua Cardio MIX	12:30-13:20	Pınar	Pool
GFX Go	15:30-16:00	Nurcan	Gym
Crunch & Burn	18:30-18:50	Burak	Studio 1
Cycling ADV ***	19:10-20:00	Suzan	Cycling
Pilates Mat ADV	19:10-20:00	Nurcan	Studio 1

CUMA * FRIDAY

Cycling INT	10:30-11:20	Mecit	Cycling
Pilates Mat ADV	11:30-12:20	Nurcan	Studio 1
Aqua Cardio MIX	11:30-12:20	Pınar	Pool
GFX Go	15:30-16:00	Nurcan	Gym
Crunch & Burn	18:30-18:50	Burak	Studio 1
Cycling ADV ***	19:10-20:00	Burak	Cycling

SALI * TUESDAY

Pilates Mat ADV	10:30-11:20	Nurcan	Studio 1
All Workout	11:30-12:20	Burak	Studio 1
GFX Go	15:30-16:00	Burak	Gym
Crunch & Burn	18:30-18:50	Mecit	Studio 1
Cycling ADV ***	19:10-20:00	Emre	Cycling
MAC Stronger	19:10-20:00	Recep	Studio 1
Fit Box	20:00-20:50	Seyhmus	Studio 1
Aqua Gym	20:10-21:00	Furkan	Pool

CUMARTESİ * SATURDAY

Kid's Swim**	10:30-11:20	Furkan	Pool
Cycling ADV ***	13:00-13:50	Recep	Cycling
Military Bootcamp	17:00-17:50	Nurcan	Studio 1

ÇARŞAMBA * WEDNESDAY

Cycling ADV ***	10:30-11:20	Suzan	Cycling
Fit Box	11:30-12:20	Seyhmus	Studio 1
Aqua Gym	11:30-12:20	Pınar	Pool
GFX Go	15:30-16:00	Nurcan	Gym
ABS Workout	18:30-18:50	Nurcan	Studio 1
Cycling ADV ***	19:10-20:00	Burak	Cycling
Pilates Mat ADV	19:10-20:00	Nurcan	Studio 1

PAZAR * SUNDAY

Cycling ADV ***	13:00-13:50	Suzan	Cycling
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PERŞEMBE * THURSDAY

Hatha Yoga	10:30-11:20	Serpil	Studio 1
All Workout	11:30-12:20	Burak	Studio 1
GFX Go	15:30-16:00	Burak	Gym
Crunch & Burn	18:30-18:50	Emre	Studio 1
MAC Stronger	19:10-20:00	Suzan	Studio 1
Cycling ADV ***	19:10-20:00	Recep	Cycling
Fit Box	20:00-20:50	Seyhmus	Studio 1

NOTLAR * NOTES

EXP.	Express
ADV	Advanced
INT	Intermediate
*	8 kişi ile sınırlıdır.
**	Açık alan ya da havuz
***	Rezervasyonlu veya ücretli dersler.

NOT: * Mars Athletic Club ders programında değişiklik yapılabilir.* Katılım sayısı 3 kişinin altında kalan dersler yapılmayacaktır.