



# MAC SUADIYE

2020 Eylül / September

MAC ders programında değişiklik yapılabilir.  
Schedule subject to change without notice.

PAZARTESİ MONDAY				SALI TUESDAY				ÇARŞAMBA WEDNESDAY				PERŞEMBE THURSDAY			
07.00-07.50	Body Fit	Erkut	Studio	09.00-09.50	Pilates	Göktuğ	Studio	07.00-07.50	Body Fit	Yaprak	Studio	09.00-09.50	Pilates	Erbay	Studio
08.00-08.30	Exp Cycle	Erkut	Studio	10.00-10.50	Body Fit	Erkut	Studio	07.50-08.20	Stretching	Yaprak	Studio	10.00-10.50	Body Fit	Erkut	Studio
09.00-09.50	Pilates	Erbay	Studio	11.00-11.30	Exp Cycle	Batuhan	Studio	10.00-10.50	Pilates	Pınar	Studio	11.00-11.30	Crunch&Burn	Batuhan	Studio
10.00-10.50	Pilates	Dicle	Studio	11.40-12.10	Crunch&Burn	Batuhan	Studio	11.00-11.50	Body Fit	Melih	Studio	18.00-18.30	Exp Fit Attack	Çağrı	Studio
18.00-18.30	Exp Cycle	Melih	Studio	18.00-18.30	Crunch&Burn	Melih	GYM FLOOR	18.00.18.30	Exp. Mac Stronger	Çağrı	Studio	18.40-19.30	Body Fit	Koray	Studio
18.30-19.00	Crunch&Burn	Melih	GYM FLOOR	18.40-19.10	GFX	Dicle	GYM FLOOR	18.40-19.10	Fit Dance	Uğur	Studio	18.30-19.00	GFX	Damla	GYM FLOOR
18.40-19.10	Fit Dance	Pınar	Studio	18.30-19.00	Exp Cycle	Melih	Studio	19.00-19.30	GFX	Çağrı	GYM FLOOR	19.00-19.30	Crunch&Burn	Çağrı	GYM FLOOR
19.00-19.30	GFX	Pınar	GYM FLOOR	19.10-20.00	Pilates	Dicle	Studio	19.20-20.10	Body Fit	Erbay	Studio	19.40-20.30	Pilates	Damla	Studio
19.20- 20.10	Body Fit	Koray	Studio	20.00-20.30	GFX	Melih	GYM FLOOR	19.30-20.00	Crunch&Burn	Uğur	GYM FLOOR	19.50-20.20	GFX	Çağrı	GYM FLOOR
19.30-20.00	GFX	Çağrı	GYM FLOOR	20.30-21.20	MAC Stronger	Yaprak	Studio	20.20-21.10	Pilates	Göktuğ	Studio	20.30-21.00	Exp.Mac Stronger	Yaprak	Studio
20.00-20.30	Crunch&Burn	Melih	GYM FLOOR												
20.30-21.20	Pilates	Pınar	Studio												
CUMA FRIDAY				CUMARTESİ SATURDAY				PAZAR SUNDAY				NOTLAR NOTES			
07.00-07.50	Mac Stronger	Damla	Studio	11.00-11.50	Body Fit	Erbay	Studio	12.00-12.50	Mac Stronger	Melih	Studio				
08.00-08.30	Stretching	Damla	Studio	12.00-12.30	Crunch&Burn	Koray	Studio	13.00-13.50	Pilates	Pınar	Studio				
10.00-10.30	Exp Cycle	Uğur	Studio	14.00-14.30	GFX	Çağrı	Studio	14.40-15.10	Stretching	Erkut	Studio				
10.40-11.10	Crunch&Burn	Uğur	Studio	14.30-15.00	Stretching	Çağrı	Studio	15.10-15.40	GFX	Erkut	Studio				
12.00-12.50	Pilates	Erbay	Studio												
13.00-13.30	Stretching	Onur	Studio												
18.30-19.00	Crunch&Burn	Pınar	GYM FLOOR												
19.00-19.50	Body Fit	Batuhan	Studio												
20.00-20.50	Pilates	Pınar	Studio												