MAC PANORA 2020
EYLÜL / SEPTEMBER

MAC Ders Pogramında Değişiklik Yapabilir.
Schedule subject to change without notice.

PAZARTESİ MONDAY				SALI TUESDAY				ÇARŞAMBA WEDNESDAY				PERŞEMBE THURSDAY			
10:00-10:50	Pilates Hardcore-ADV	Büşra	Studio 1	10:30-10:50	GFX GO	Görkem	F.T.A	10:30-10:50	GFX Extreme	Emre	F.T.A.	10:00-10:50	Vinyasa Yoga	Ceren	Studio 1
11:00-11:20	GFX Move	Berk	F.T.A	11:00-11:20	Crunch - ADV	Denizhan	Studio 3	11:00-11:20	Crunch & Burn	Emre	Studio 1	11:30-12:20	MAC Body Pump	İrem	Studio 1
11:30-12:20	Circuit Training - ADV	Metin	Studio 1	11:30-12:20	Pilates Studio	İrem	Studio 1	11:30-12:20	Vinyasa Yoga	Ceren	Studio 1	12:30-13:00	Cycling*	Merve	CycStudio
12:30-13:00	Cycling*	Serkan	CycStudio	12:30-13:00	Cycling*	Emre	CycStudio	12:30-13:00	Cycling*	Metehan	CycStudio	13:10-13:40	Cycling*	Merve	CycStudio
13:10-13:40	Cycling*	Serkan	CycStudio	13:10-13:40	Cycling*	Emre	CycStudio	13:10-13:40	Cycling*	Metehan	CycStudio	13:45 -14:05	Crunch - ADV	Merve	Studio 1
18:00-18:20	GFX Go	Görkem	F.T.A	17:30-18:20	Bosu Bootcamp	Denizhan	Studio 1	13:50-14:10	Crunch & Burn	Denizhan	Studio 1	18:40-19:30	Pilates Hardcore	İrem	Studio 1
18:20-18:50	Cycling*	Serkan	CycStudio	18:30-19:20	Pilates Hardcore-ADV	İrem	Studio 1	18:30-19:20	MAC Body Pump	Metehan	Studio 1	19:20-:19:50	Cycling - ADV*	Can	CycStudio
18:30-19:20	Tabata	Erman	Studio 1	19:00-19:30	Cycling - ADV*	Merve	CycStudio	19:30-20:00	Cycling - ADV*	Emre	CycStudio	19:30-20:20	Burn Camp*	Merve	Squash 2
19:00-19:30	Cycling*	Serkan	CycStudio	19:30-20:20	MAC Dance	Dilan	Studio 3	19:30-20:20	Pilates & More - ADV	Büşra	Studio 1	19:40-20:30	Military Bootcamp	Hüseyin	Studio 1
19:30-20:20	Pilates & More - ADV	Büşra	Studio 1	19:00-19:30	Cycling - ADV*	Merve	CycStudio	19:30-20:20	Vinyasa Yoga	Ceren	Studio 3	19:40-20:30	Zumba	İrem	Studio 3
19:40-20:10	Cycling-ADV*	Metehan	CycStudio	19:30-20:20	Iron MAC	Hüseyin	Studio 1	20:10-20:40	Cycling - ADV*	Emre	CycStudio	20:00-20:30	Cycling - ADV*	Can	CycStudio
19:40 -20:30	Cardio KickBox	Mustafa	Studio 3	20:30-20:50	Crunch - ADV	Hüseyin	Studio 1								
20:20-20:50	Cycling-ADV*	Metehan	CycStudio	19:40-20:10	Cycling - ADV*	Merve	CycStudio								
20:30-20:50	Crunch - ADV	Cemal	Studio 1	20:30-21:00	Express Cycle	Metehan	CycStudio								

CUMA FRİDAY				CUMARTESİ SATURDAY				PAZAR SUNDAY			
10:30-10:50	GFX Extreme	Emre	F.T.A	10:30-10:50	GFX Extreme	Metin	F.T.A.	10:30-10:50	GFX GO	Görkem	FTA
11:00-11:20	ABS Workout	Emre	Studio 1	11:00-11:20	Crunch & Burn	Metin	Studio 1	11:00-11:20	Crunch-ADV	Görkem	Studio 1
11:30-12:20	Pilates Studio	Büşra	Studio 1	11:30-12:20	Pilates Studio	Dilan	Studio 1	11:30-12:20	Pilates Hardcore	Büşra	Studio 1
12:30-13:00	Cycling-ADV*	Can	CycStudio	12:30-13:20	MAC Dance - ADV	Dilan	Studio 3	12:30-13:00	Cycling*	Metehan	CycStudio
13:10-13:40	Cycling-ADV*	Can	CycStudio	12:30-13:00	Cycling*	Serkan	CycStudio	13:10-13:40	Cycling*	Metehan	CycStudio
13:45-14:05	Crunch & Burn	Berk	Studio 1	12:40-13:30	Functional TRX*	Emre	F.T.A.	14:00-14:50	Cardio KickBox	Mustafa	Studio 3
19:30-20:00	Cycling-ADV*	Serkan	CycStudio	13:10-13:40	Cycling*	Serkan	CycStudio	14:00-14:50	Vinyasa Yoga	Ceren	Studio 1
19:30-20:20	Power Vinyasa Yoga	Ceren	Studio 1	14:00-14:20	Crunch & Burn	Miraç	Studio 1	15:30-15:50	GFX GO	Ezgi	FTA
20:10-20:40	Cycling-ADV*	Serkan	CycStudio	14:30-15:20	Hatha Yoga	Ceren	Studio 1				
20:30-20:50	Crunch & Burn	Cemal	Studio 3								

NOTLAR NOTES

**Bütün grup dersleri için Mars Athletic Club uygulaması üzerinden dersten en fazla bir gün öncesi rezervasyon yaptırmayı unutmayınız.

Burn Camp Dersi Ücretlidir. Bilgi İçin Resepsiyona Başvurunuz.

*Grup Dersleri İle İlgili Açıklamaları Arka Sayfada Bulabilirsiniz.

*Ders Cover'larını İnternet Sitemizden ve Kulübümüzden Takip Edebilirsiniz.

*ADV İLERİ SEVİYE
*INT ORTA SEVİYE
*BGN BAŞLANGIÇ SEVİYESİ

*GFX GO BAŞLANGIÇ SEVİYESİ
*GFX MOVE ORTA SEVİYE
*GFX EXTREME İLERİ SEVİYE