MAC AKMERKEZ
EYLÜL/SEPTEMBER

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

PAZARTESİ / MONDAY				SALI / TUESDAY				ÇARŞAMBA / WEDNESDAY				PERŞEMBE / THURSDAY			
08:00 - 08:30	Gfx Go	Free Weıght	BARIŞ	08:00 - 08:30	Gfx Go	Free Weıght	MERT	08:00 - 08:30	Gfx Go	Free Weıght	AVŞIN	08:00 - 08:30	Gfx Go	Free Weıght	EREN
08:30 - 09:00	Exp. Aero H.A.T	Group Studio	BARIŞ	08:30 - 09:00	Stretching	Group Studio	MERT	08:30 - 09:00	Crunch & Burn	Group Studio	AVŞIN	08:30 - 09:00	Stretching	Group Studio	EREN
10:00 - 10:30	Pilates Studio	Group Studio	SELİN	11:30 - 12:00	Crunch & Burn	Group Studio	BERK	10:30 - 11:00	Gfx Go	Free Weıght	GÜLSÜM	11:30 - 12:00	Crunch & Burn	Group Studio	AVŞIN
11:00 - 11:30	Crunch & Burn	Group Studio	ABDÜL	12:10 - 12:40	Exp. Cycle	Cycle Studio	YASİN	11:00 - 11:30	Pilates Studio	Group Studio	GÜLSÜM	12:10 - 12:40	Exp. Cycle	Cycle Studio	AVŞIN
11:30 - 12:00	Gfx Go	Free Weıght	ABDÜL	12:30 - 13:00	Exp. MAC Stronger	Group Studio	AVŞIN	12:15 - 12:45	Exp. Aero H.A.T	Group Studio	EREN	12:30 - 13:00	Pilates Studio	Group Studio	EMRE
12:00 - 12:30	Exp. MAC Stronger	Group Studio	CANBERK	13:10 - 13:40	Stretching	Group Studio	AVŞIN	13:00 - 13:30	Stretching	Group Studio	EREN	13:15 - 13:45	Crunch & Burn	Group Studio	MERAL
12:45 - 13:15	Stretching	Group Studio	TAŞKIN	15:30 - 16:00	Gfx Move	Free Weıght	MERAL	13:45 - 14:15	Crunch & Burn	Group Studio	FATMA	16:30 - 17:00	Exp. Body Fit	Group Studio	CİHAT
13:30 - 14:00	Crunch & Burn	Group Studio	YASEMİN	16:30 - 17:00	Exp. Aero H.A.T	Group Studio	BARIŞ	16:00 - 16:30	Stretching	Group Studio	SELİN	17:30 - 18:00	Crunch & Burn	Group Studio	BARIŞ
14:30 - 15:00	Gfx Go	Free Weıght	TAŞKIN	17:10 - 17:40	Crunch & Burn	Group Studio	MERAL	17:00 - 17:30	Gfx Go	Free Weıght	FİGEN	18:30 - 19:00	Exp. Body Fit	Group Studio	SELİN
16:30 - 17:00	Crunch & Burn	Group Studio	FİGEN	17:30 - 18:00	Gfx Go	Free Weıght	BARIŞ	17:30 - 18:00	Crunch & Burn	Group Studio	SELİN	18:30 - 19:00	Exp. Cycle	Cycle Studio	MERT
17:30 - 18:00	Gfx Go	Free Weıght	GÜLSÜM	18:30 - 19:00	Stretching	Group Studio	EREN	18:30 - 19:00	Exp. Cycle	Cycle Studio	CİHAT	19:10 - 19:40	Pilates Studio	Group Studio	FATMA
18:10 - 18:40	Exp. Cycle	Cycle Studio	MERT	19:00 - 19:30	Gfx Go	Free Weıght	ABDUL	18:-45- 19:15	Exp. Body Fit	Group Studio	MERAL	20:00 - 20:30	Crunch & Burn	Group Studio	SELİN
18:30 - 19:00	Exp. Body Fit	Group Studio	CİHAT	19:10 - 19:40	Pilates Studio	Group Studio	GÜLSÜM	19:30 - 20:00	Pilates Studio	Group Studio	MERAL	20:00 - 20:30	Gfx Go	Free Weıght	FATMA
18:45 - 19:15	Gfx Go	Free Weıght	EMRE	20:00 - 20:30	Exp. Cycle	Cycle Studio	SELİN	20:00 - 20:30	Exp. Cycle	Cycle Studio	BERK	20:45 - 21:15	Exp. Body Fit	Group Studio	ABDÜL
19:10 - 20:00	Cycling	Group Studio	YASİN	20:10 - 21:00	Zumba	Group Studio	BERK GÜNEŞ	20:30 - 21:00	Crunch & Burn	Group Studio	EMRE				
19:30 - 20:00	Pilates Studio	Group Studio	EMRE	20:30 - 21:00	Gfx Go	Free Weıght	YASEMİN	21:00 - 20:30	Gfx Go	Free Weıght	MERT				
20:10 - 20:40	Crunch & Burn	Group Studio	MERAL												
21.00 - 21:30	Stretching	Group Studio	BERK												

CUMA / FRIDAY				CUMARTESİ / SATURDAY				PAZAR / SUNDAY			
08:00 - 08:30	Gfx Go	Free Weıght	YASEMİN	10:30 - 11:00	Pilates Studio	Group Studio	SELİN	10:00 - 10:30	Pilates Studio	Group Studio	BERK
08:30 - 09:00	Crunch & Burn	Group Studio	YASEMİN	11:00 - 11:30	Gfx Go	Free Weıght	SELİN	10:30 - 11:00	Gfx Go	Free Weıght	BERK
10:00 - 10:30	Exp. Body Fit	Group Studio	CANBERK	12:30 - 13:00	Exp. Body Fit	Group Studio	MERT	12:30 - 13:00	Crunch & Burn	Group Studio	BARIŞ
12:00 - 12:30	Gfx Go	Free Weıght	ABDÜL	13:10 - 13:40	Stretching	Group Studio	MERT	15:10 - 15:40	Pilates Studio	Group Studio	ABDÜL
12:30 - 13:00	Pilates Studio	Group Studio	ABDÜL	14:00 - 14:30	Pilates Studio	Group Studio	GÜLSÜM	16:30 - 17:00	Gfx Go	Free Weıght	ABDÜL
13:15 - 13:45	Exp. MAC Stronger	Group Studio	EMRE	15:00 - 15:30	Exp. Cycle	Cycle Studio	YASİN	18:00 - 18:30	Exp. Aero H.A.T	Group Studio	EMRE
14:00 - 14:30	Stretching	Group Studio	FATMA	16:00 - 16:30	Crunch & Burn	Group Studio	YASİN	18:30 - 19:00	Stretching	Group Studio	TAŞKIN
17:00 - 17:30	Gfx Go	Free Weıght	FİGEN	18:30 - 19:00	Exp. Cycle	Cycle Studio	CİHAT				
17:30 - 18:00	Exp. MAC Stronger	Group Studio	BERK	19:00 - 19:30	Exp. Body Fit	Group Studio	AVŞIN				
18:30 - 19:00	Crunch & Burn	Group Studio	TAŞKIN								
19:10 - 20:00	Cycling	TERAS	YASİN								
19:15 - 19:45	Pilates Studio	Group Studio	GÜLSÜM								
20:00 - 20:30	Exp. Body Fit	Group Studio	MERAL								
20:00 - 20:30	Gfx Go	Free Weıght	CİHAT								
20:30 - 21:00	Crunch & Burn	Group Studio	BARIŞ								

NOTLAR / NOTES

Grup derslerimiz için mobil aplikasyonumuzdan randevunuzu almayı unutmayınız.

Teras alanında gerçekleştirilecek derslerimiz hava durumuna göre iptal edilebilir.

MAC, Ders Pogramında Değişiklik Yapabilir.