



# 2020 EYLÜL/SEPTEMBER

PAZARTESİ MONDAY				SALI TUESDAY				ÇARŞAMBA WEDNESDAY				PERŞEMBE THURSDAY			
10:00-10:30	Crunch And Burn	Studio	MUHAMMET	10:00-10:30	Body Fit	Studio	EMRE CAN	10:00-10:30	GFX Easy	Gym	CAN	10:00-10:30	Pilates Equipment	Studio	MELTEM
12:30-13:00	Pilates Mat	Studio	TAYFUN	11:00-11:30	GFX Move	Studio	EMRE CAN	10:30-11:00	Stretching	Studio	MUSTAFA	10:40-11:10	GFX Go	Gym	MELTEM
13:00-13:30	GFX Go	Gym	TAYFUN	12:00-12:30	Crunch And Burn	Studio	MELTEM	11:00-11:30	GFX Go	Gym	MUSTAFA	13:00-13:30	GFX Easy	Gym	TOLUNAY
16:00-16:30	GFX Go	Gym	EMRE Ö	13:00-13:30	GFX Move	Gym	MELTEM	12:00-12:30	Crunch And Burn	Studio	ANTO	14:30-15:00	GFX Move	Studio	MUHAMMET
17:00-17:30	GFX Easy	Gym	EMRE Ö.	14:00-14:30	GFX Easy	Gym	MUHAMMET	13:00-13:30	GFX Extreme	Gym	ANTO	15:00-15:30	GFX Easy	Gym	MUHAMMET
18:30-19:00	GFX Easy	Gym	ANTO	18:00-18:30	GFX Go	Gym	TAYFUN	14:30-15:00	GFX GO	Gym	EMRE CAN	17:30-18:00	GFX Extreme	Gym	MUSTAFA
18:30-19:00	Cardio Kickboks	Studio	TOLUNAY	18:40-19:10	Exp. Cycling	Cycle	EMRE Ö	17:00-17:30	GFX Extreme	Gym	BURAK	18:00-18:30	GFX Easy	Gym	EMRE Ö.
19:15-19:45	Exp. Body Fit	Studio	TOLUNAY	19:00-19:30	Exp. MAC Stronger	Studio	TAYFUN	18:30-19:00	Pilates Mat	Studio	BURAK	18:30-19:00	Exp. Cycling	Cycle	MUSTAFA
19:00-19:30	Exp. Cycling	Cycle	ANTO	20:00-20:30	Exp. Cycling	Cycle	TOLUNAY	19:30-20:00	Exp. Body Fit	Studio	NİHAT	19:10-19:40	Crunch And Burn	Studio	EMRE Ö.
20:00-20:30	GFX Go	Gym	NİHAT	20:00-20:30	Pilates Mat	Studio	MUSTAFA	20:00-20:50	Marathon Cycling	Cycle	MUHAMMET	20:00-20:30	Exp. Cycling	Cycle	ANTO
20:10-20:40	Pilates Mat	Gym	BURAK	21:00-21:30	GFX Move	Gym	TOLUNAY	20:10-20:40	Stretching	Studio	NİHAT	20:00-20:30	Exp. Mac Stronger	Studio	CAN
20:00-20:30	Exp. Cycling	Cycle	EMRE CAN					21:00-21:30	GFX Easy	Gym	TAYFUN	20:30-21:00	GFX Easy	Gym	ANTO
CUMA FRIDAY				CUMARTESİ SATURDAY				PAZAR SUNDAY				NOTLAR NOTES			
10:00-10:30	GFX Go	Gym	CAN	12:00-12:30	Exp. Body Fit	Studio	TOLUNAY	12:00-12:30	Crunch And Burn	Studio	CAN				
11:00-11:30	Stretching	Studio	CAN	12:30-13:00	GFX Easy	Gym	TOLUNAY	13:00-13:30	GFX Easy	Gym	CAN				
14:00-14:30	GFX Move	Gym	TAYFUN	14:00-14:30	GFX Easy	Studio	EMRE CAN	15:00-15:30	GFX Easy	Cycle	BURAK				
15:30-16:00	Crunch And Burn	Studio	TAYFUN	16:00-16:30	Pilates Equipment	Studio	EMRE Ö.	16:00-16:30	Pilates Mat	Gym	BURAK				
18:00-18:30	GFX Go	Gym	EMRE CAN	17:00-17:30	GFX Extreme	Gym	EMRE Ö.	18:00-18:30	GFX Go	Gym	MELTEM				
18:30-19:00	Exp. Cycling	Cycle	MUHAMMET	18:00-18:30	Exp. Body Fit	Studio	NİHAT	19:00-19:30	Pilates Mat	Studio	MELTEM				
18:30-19:00	Crunch And Burn	Gym	MELTEM												
19:30-20:00	Pilates Mat	Studio	MELTEM												
20:00-20:30	Exp. Cycling	Cycle	TOLUNAY												
20:45-21:15	Cardio Kickboks	Studio	TOLUNAY												