EYLÜL MAC BRANDIUM

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

PAZARTESİ MONDAY				SALI TUESDAY				ÇARŞAMBA WEDNESDAY				PERŞEMBE THURSDAY			
15:30-16:00	GFX	MERT	GYM FLOOR	15:30-16:00	GFX Move	Kemal	GYM FLOOR	11:00-11:30	Pilates studio	Barış	STUDIO	10:30-11:00	Pilates studio	Kemal	STUDIO
17:30-18:00	Exp. Cycling	MERT	CYCLE STUDIO	18:00-18:30	Bodyfit	Kazım	STUDIO	11:30-12:00	GFX Move	Kazım	GYM FLOOR	11:00-11:30	GFX Move	Burak	GYM FLOOR
18:00-18:30	GFX	MUSTAFA	GYM FLOOR	18:00-18:30	Exp. Crunch	Hilal	GYM FLOOR	15:30-16:00	GFX Move	Eren S.	GYM FLOOR	11:30-12:00	Pilates studio	Kemal	STUDIO
18:30-19:00	Exp. Cycling	MERT	CYCLE STUDIO	18:30-19:00	Exp. Stretching	Muhammet	GYM FLOOR	18:00-18:30	Exp. Cycling	Eren S.	CYCLE STUDIO	14:00-14:30	Exp. Cycling	Umman	CYCLE STUDIO
18:30-19:00	Pilates studio	KEMAL	CYCLE STUDIO	19:00-19:30	Pilates studio	Kazım	STUDIO	18:00-18:30	Pilates studio	Burak	STUDIO	18:00:18:30	Exp. Cycling	Umman	CYCLE STUDIO
19.00-19:30	CRUNCH&BURN	MUSTAFA	GYM FLOOR	19:30-20:00	GFX Move	Hilal	GYM FLOOR	18:30-19:00	Exp. Cycling	Mert	CYCLE STUDIO	19:30-20:00	Exp. crunch	Emre	GYM FLOOR
19:30-20:00	BODYFIT	KEMAL	STUDIO	20:00-20:30	ZUMBA	EREN KOÇ	STUDIO	19:00-19:30	BODYFIT	Mert	STUDIO	20:00-20:30	Exp. Stretching	Muhammet	GYM FLOOR
20:00-20:30	ZUMBA	EREN KOÇ	STUDIO	20:45-21:15	ZUMBA	EREN KOÇ	STUDIO	19:45-20:15	Strong by zumba	Hilal	STUDIO	19:15-19:45	Strong by zumba	Hilal	STUDIO
20:45-21:15	ZUMBA	EREN KOÇ	STUDIO					20:30-21:00	strong by zumba	Hilal	STUDIO	20:00-20:30	strong by zumba	Hilal	STUDIO

CUMA FRIDAY				CUMARTESİ SATURDAY				PAZAR SUNDAY			
10:30-11:00	PİLATES	Mustafa	STUDIO	12:00-12:30	Bodyfit	Emre	STUDIO	11:00-11:30	Pilates studio	Burak	STUDIO
15:30-16:00	PİLATES	Mustafa	STUDIO	12:30-13:00	Exp. Stretching	Kazım	GYM FLOOR	12:00-12:30	Pilates studio	Mustafa	STUDIO
18:00-18:30	Exp. Cycling	Umman	CYCLE STUDIO	14:00-14:30	Exp. Cycling	Eren	CYCLE STUDIO	12:30-13:00	Exp. Crunch	Barış	STUDIO
18:30-19:00	BODYFIT	Barış	STUDIO	14:30-15:00	PİLATES	Burak	STUDIO	13:00-13:30	Exp. Stretching	Barış	STUDIO
19:00-19:30	Exp. Cycling	Umman	CYCLE STUDIO	18:00-18:30	Exp. Cycling	Eren	CYCLE STUDIO	15:30-16:00	Exp. Cycling	Burak	CYCLE STUDIO
19:30-20:00	Exp. Stretching	Barış	GYM FLOOR					16:30-17:00	Exp. Cycling	Umman	CYCLE STUDIO

NOTLAR NOTES