



# MAC VADİSTANBUL 2020

## EYLÜL/SEPTEMBER

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

### PAZARTESİ MONDAY

07:30-08:00	GFX Go	Çağla	Studio
11:30-12:00	Crunch & Burn	Murat	Studio
12:00-12:30	GFX Move	Murat	Area
12:30-13:00	Pilates Studio	Zeynep	Studio
14:30-15:00	Crunch & Burn	Muratcan	Studio
18:30-19:00	Pilates Equipment	Çağrı	Studio
19:30-20:00	GFX Move	Alaz	Area
20:00-20:30	ABS Crunch	Alaz	Studio
20:00-20:30	Exp. Cycling	Berkay	Cycle Studio
20:30-21:00	GFX Move	Musa	Area

### SALI TUESDAY

07:30-08:00	GFX Go	Muratcan	Area
14:00-14:30	GFX Move	Musa	Area
14:30-15:00	ABS Crunch	Musa	Studio
17:30-18:00	Pilates Studio	Zeynep	Studio
18:30-19:00	MAC Stronger	Berkay	Studio
19:00-19:30	Exp. Cycling	Berkay	Cycle Studio
19:30-20:20	Yoga Fit	Duygu	Studio
20:00-20:30	GFX Move	Alaz	Area
20:30-21:00	Pilates Equipment	Çağrı	Studio

### ÇARŞAMBA WEDNESDAY

07:30-08:00	GFX Go	Berkay	Area
10:30-11:00	GFX Move	Alaz	Area
11:00-11:30	ABS Crunch	Alaz	Studio
14:30-15:00	Pilates Studio	Musa	Studio
17:30-18:00	MAC Stronger	Muratcan	Studio
19:30-20:00	ABS Crunch	Muratcan	Studio
20:00-20:30	Pilates Equipment	Çağrı	Studio

### PERŞEMBE THURSDAY

07:30-08:00	GFX Go	Alaz	Studio
13:00-13:30	Pilates Equipment	Çağrı	Studio
15:30-16:00	GFX Move	Çağrı	Area
18:30-19:00	Mac Stronger	Murat	Studio
19:10-20:00	Yoga Fit	Duygu	Studio
20:00-20:30	Exp. Cycling	Zeynep	Cycle Studio
20:30-21:00	ABS Crunch	Çağla	Studio

### CUMA FRİDAY

07:30-08:00	GFX Go	Çağrı	Area
12:30-13:00	Exp. Cycling	Berkay	Cycle Studio
15:00-15:30	GFX Go	Murat	Area
15:30-16:00	ABS Crunch	Murat	Studio
17:30-18:00	Mac Stronger	Çağla	Studio
20:00-20:30	ABS Crunch	Alaz	Studio

### CUMARTESİ SATURDAY

09:30-10:00	GFX Go	Çağla	Area
10:00-10:30	ABS Crunch	Çağla	Studio
11:30-12:00	GFX Move	Murat	Area
12:00-12:30	ABS Crunch	Murat	Studio
13:30-14:00	GFX Move	Alaz	Area
14:00-14:30	Body Fit	Alaz	Area
18:00-18:30	Exp. Aero Hat	Muratcan	Studio

### PAZAR SUNDAY

08:30-09:00	GFX Go	Musa	Studio
12:30-13:00	GFX Move	Zeynep	Area
14:30-15:00	Pilates Studio	Zeynep	Studio
15:00-15:30	GFX Move	Berkay	Area
15:30-16:00	ABS Crunch	Berkay	Studio

### NOTLAR NOTES

Uygulamamız üzerinden derslerimizi takip edebilirsiniz. Lütfen Randevu Almayı Unutmayınız!

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VADİSTANBUL isteği zaman grup derslerinde değişiklik yapabilir.

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