



MAC KANYON 2020 EYLÜL / SEPTEMBER

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

PAZARTESİ / MONDAY				SALI / TUESDAY				ÇARŞAMBA / WEDNESDAY				PERŞEMBE / THURSDAY			
07:00-07:50	Lets Swim	Tunç Sayın	Pool	07:00-07:50	Aqua Bootcamp	Cahit Sarıoğlu	Pool	07:00-07:50	Lets Swim	Tunç Sayın	Pool	07:00-07:50	Pilates Studio-ADV	Helin Uslu	Studio 1
07:00-08:00	Spinny Pumpy	Berker Uysal	Cyc Studio	07:00-07:50	Body Weight Training	Anıl Yazar	Studio 2	07:00-08:00	Spinny Pumpy	Berker Uysal	Cyc Studio	07:00-07:50	Cycling	Doğucan Soylu	Cyc Studio
12:10-13:00	Cycling	Tarik Eken	Cyc Studio	07:00-07:50	Pilates Studio-ADV	Helin Uslu	Studio 1	12:10-13:00	Cycling	Burak Koç	Cyc Studio	12:00-12:30	GFX Go	Esengül Arpacı	P.C.A
12:10-13:00	Zumba	Kağan Yılmaz	Studio 2	07:00-07:50	Cycling	Emre Turan	Cyc Studio	12:30-13:20	Hatha Yoga	Fulden Çağın	Studio 2	12:10-13:00	Cycling	Okan Kaya	Cyc Studio
12:10-13:00	Body Weight Training	Yiğit Polat	Studio 1	12:00-12:30	GFX Go	Doğucan Soylu	P.C.A	12:10-13:00	Body Weight Training	Yiğit Polat	Studio 1	12:10-13:00	Pilates Studio-INT	Emre Kolaçoğlu	Studio 1
13:10-14:10	Vinyasa Yoga	Yöntem Yurtsever	Studio 1	12:10-13:00	Cycling	Okan Kaya	Cyc Studio	18:00-18:20	Crunch	İrfan Öztel	P.C.A	12:10-13:00	Zumba	Kağan Yılmaz	Studio 2
18:00-18:20	Crunch	Şafak Yurdakul	P.C.A	12:10-13:00	Pilates Studio-INT	Emre Kolaçoğlu	Studio 1	18:30-19:20	Cycling	Tarik Eken	Cyc Studio	13:10-14:10	Vinyasa Yoga	Meltem Fakabasmaz	Studio 1
18:00-18:50	Hatha Yoga	Fulden Çağın	Studio 1	12:10-13:00	Mac Stronger	Esengül Arpacı	Studio 2	18:30-19:20	*Final Round	Yener Kahraman	P.C.A	18:00-18:20	Crunch	Şafak Yurdakul	P.C.A
18:30-19:20	Pilates Studio-ADV	Helin Uslu	Studio 2	13:10-14:10	Vinyasa Yoga	Meltem Fakabasmaz	Studio 1	18:30-19:20	Pilates Studio-ADV	Helin Uslu	Studio 2	18:30-19:20	Pilates Studio-INT	Fatma Duran	Studio 2
18:30-19:20	*Final Round	Yener Kahraman	P.C.A	18:00-18:20	Crunch	Poyraz Küçük	P.C.A	18:30-19:00	GFX Move	İrfan Öztel	Free Court	18:30-19:20	MAC Bodyfit	Sezgin Öztürk	Studio 1
19:00-19:20	Crunch	Doğucan Soylu	Free Court	18:30-19:30	Vinyasa Yoga	Leyla Zerger	Studio 2	18:20-19:20	Vinyasa Yoga	Yöntem Yurtsever	Studio 1	19:00-19:50	Cycling	Berker Uysal	Cyc Studio
19:10-20:00	Strength Workout	Okan Kaya	Studio 1	18:40-19:30	MAC Bodyfit	Sezgin Öztürk	Studio 1	19:30-20:20	MAC H.I.I.T	Yener Kahraman	Studio 1	19:30-20:20	Pilates Studio	Gülşen Ergin	Studio 2
19:30-20:20	Pilates Studio-INT	Emre Kolaçoğlu	Studio 2	19:00-19:50	Cycling	Barış Ekici	Cyc Studio	19:30-20:20	*MAC Fighter	Barış Ekici	P.C.A	19:40-20:30	Aqua Power - ADV	Cahit Sarıoğlu	Pool
19:30-20:20	*MAC Fighter	Barış Ekici	P.C.A	19:40-20:30	Aqua Power - ADV	Tunç Sayın	Pool	19:30-20:20	Pilates Studio-INT	Emre Kolaçoğlu	Studio 2	20:00-20:20	Crunch	İrfan Öztel	Free Court
19:30-20:20	Cycling	Yener Kahraman	Cyc Studio	19:40-20:30	Pilates Studio-INT	Fatma Duran	Studio 2	19:30-20:20	Aqua Power	Selin Aygün	Pool	20:30-21:00	GFX Move	İrfan Öztel	Free Court
19:30-20:20	Aqua Power	Cahit Sarıoğlu	Pool	19:40-20:30	Zumba	Kağan Yılmaz	Studio 1	20:00-20:30	GFX Move	Ufuk Yılmaz	Free Court	20:30-21:20	Fit Dance	Buse Erseçenler	Studio 2
19:30-20:00	GFX Move	Doğucan Soylu	Free Court	20:00-20:20	Crunch	Ufuk Yılmaz	Free Court	20:30-20:50	Crunch	Ufuk Yılmaz	Free Court	20:40-21:30	Mac Stronger	Emre Turan	Studio 1
20:10-21:00	Mac Stronger	Sezgin Öztürk	Studio 1	20:30-21:00	GFX Move	Ufuk Yılmaz	P.C.A	20:40-21:30	Zumba	Kağan Yılmaz	Studio 2				
20:30-20:50	Crunch	Buse Erseçenler	P.C.A	20:40-21:30	Mac Stronger	Emirhan Ünlü	Studio 2								
CUMA / FRIDAY				CUMARTESİ / SATURDAY				PAZAR / SUNDAY				NOTLAR / NOTES			
07:00-08:00	Spinny Pumpy	Berker Uysal	Cyc Studio	12:30-13:00	Kids Swim	Selin Aygün	Pool	11:00-12:20	Anasura Yoga	Leyla Zerger	Studio 2	**Bütün grup dersleri için Mars Athletic Club uygulaması üzerinden dersten en fazla bir gün öncesi rezervasyon yaptırmayı unutmayınız.			
07:00-07:50	Aqua Bootcamp	Tunç Sayın	Pool	12:30-13:20	Mac Stronger	Sezgin Öztürk	Studio 1	12:10-13:00	Lift H.I.I.T	Okan Kaya	Studio 1				
07:00-07:50	Pilates Studio	Gülşen Ergin	Studio 2	12:30-13:20	Pilates Studio-INT	Emre Kolaçoğlu	Studio 2	12:30-13:00	Kids Swim	Cahit Sarıoğlu	Pool	** For All GX classes please remember to reserve your place at most 1 day before class on Mars Athletic Club application.			
12:10-13:00	Body Weight Training	Yiğit Polat	Studio 1	13:00-13:50	Cycling	Doğucan Soylu	Cyc Studio	13:00-14:00	Cycling & Crunch	Berker Uysal	Cyc Studio				
12:10-13:00	Cycling	İrfan Öztel	Cyc Studio	13:20-13:40	Crunch	Sezgin Öztürk	Studio 1	13:00-13:30	GFX Move	Esengül Arpacı	P.C.A	* Final Round ve MAC Fighter dersleri için Box Eldiveni getirilmelidir.			
18:00-18:20	Crunch	Esengül Arpacı	P.C.A	13:30-14:20	Lift H.I.I.T	Anıl Yazar	Studio 2	13:30-13:50	Crunch	Esengül Arpacı	P.C.A				
18:30-19:00	GFX Move	Esengül Arpacı	P.C.A	14:20-14:40	Abs & Core	Anıl Yazar	Studio 2	13:00-13:50	Stretching	Barış Ekici	Studio 2	* Members should bring their boxing gloves for Final Round and MAC Fighter classes			
18:30-19:20	Pilates Studio	Yasemin Özdemir	Studio 2	14:30-15:50	Vinyasa Yoga	Leyla Zerger	Studio 1	13:30-14:20	Aqua Bootcamp	Tunç Sayın	Pool				
18:30-19:20	Water Fit	Server Eryiğit	Pool	15:00-15:30	GFX Extreme	Poyraz Küçük	P.C.A	14:00-14:50	Pilates Studio	Gülşen Ergin	Studio 2	# Kids Swim dersi 7-12 yaş arası içindir - Kids Swim classes are for between ages 7-12.			
19:00-19:50	Strength Workout	Burak Koç	Studio 1	15:30-15:50	Crunch	Poyraz Küçük	P.C.A	14:30-15:00	GFX Move	Esengül Arpacı	P.C.A				
19:10-20:50	Cycling Marathon	Yener Kahraman	Cyc Studio	16:00-16:50	MAC Body Fit	Recep Gümüştaş	Studio 2	15:00-15:20	Crunch	Esengül Arpacı	P.C.A	*ADV İLERİ SEVİYE *INT ORTA SEVİYE *BGN BAŞLANGIÇ SEVİYESİ			
19:40-20:30	Zumba	Kağan Yılmaz	Studio 2					16:00-16:50	Cycling	Emre Turan	Cyc Studio				
20:00-20:20	Crunch	Doğucan Soylu	P.C.A												
20:30-21:00	GFX Move	Doğucan Soylu	P.C.A												
												*GFX GO BAŞLANGIÇ SEVİYESİ *GFX MOVE ORTA SEVİYE *GFX EXTREME İLERİ SEVİYE			