

PAZARTESİ / MONDAY				SALI / TUESDAY				ÇARŞAMBA / WEDNESDAY				PERŞEMBE / THURSDAY			
08:00 - 08:30	Gfx Go	Free Weight	BARIŞ	08:00 - 08:30	Gfx Go	Free Weight	MERT	08:00 - 08:30	Gfx Go	Free Weight	BERKE	08:00 - 08:30	Gfx Go	Free Weight	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	BERKE	08:30 - 09:00	Stretching	Group Studio	EREN
10:00 - 10:30	Pilates Studio	Group Studio	SELİN	10:00 - 10:30	Crunch & Burn	Group Studio	YASİN	10:30 - 11:00	Gfx Go	Free Weight	GÜLSÜM	11:30 - 12:00	Crunch & Burn	Group Studio	AVŞİN
11:00 - 11:30	Crunch & Burn	Group Studio	ABDÜL	12:30 - 13:00	Exp. MAC Stronger	Group Studio	AVŞİN	11:00 - 11:30	Pilates Studio	Group Studio	GÜLSÜM	12:10 - 12:40	Exp. Cycle	Cycle Studio	AVŞİN
11:30 - 12:00	Gfx Go	Free Weight	ABDÜL	13:10 - 13:40	Pilates Studio	Group Studio	GÜLSÜM	12:00 - 12:30	Gfx Go	Free Weight	MERIE	12:30 - 13:00	Pilates Studio	Group Studio	EMRE
12:00 - 12:30	Exp. MAC Stronger	Group Studio	CANBERK	15:30 - 16:00	Gfx Move	Free Weight	MERAL	12:15 - 12:45	Exp. Aero H.A.T	Group Studio	EREN	13:15 - 13:45	Crunch & Burn	Group Studio	MERAL
12:45 - 13:15	Stretching	Group Studio	TAŞKIN	16:30 - 17:00	Exp. Aero H.A.T	Group Studio	BARIŞ	13:00 - 13:30	Stretching	Group Studio	EREN	16:30 - 17:00	Exp. Body Fit	Group Studio	CİHAT
14:30 - 15:00	Gfx Go	Free Weight	TAŞKIN	17:10 - 17:40	Exp. Body Fit	Group Studio	MERAL	13:45 - 14:15	Crunch & Burn	Group Studio	FATMA	17:30 - 18:00	Crunch & Burn	Group Studio	BARIŞ
16:30 - 17:00	Crunch & Burn	Group Studio	FİGEN	17:30 - 18:00	Gfx Go	Free Weight	BARIŞ	16:00 - 16:30	Stretching	Group Studio	SELİN	18:30 - 19:00	Exp. Body Fit	Group Studio	MERIE
17:30 - 18:00	Gfx Go	Free Weight	CİHAT	18:15 - 18:45	Crunch & Burn	Group Studio	BERKE	17:00 - 17:30	Gfx Go	Free Weight	FİGEN	18:30 - 19:20	Cycling	TERAS	YASİN
18:10 - 18:40	Exp. Cycle	Cycle Studio	MERT	18:30 - 19:00	Exp. Cycle	Cycle Studio	MERIE	17:30 - 18:00	Crunch & Burn	Group Studio	SELİN				
18:30 - 19:00	Exp. Body Fit	Group Studio	CİHAT	18:50 - 19:20	Exp. Aero H.A.T	Group Studio	ABDÜL	18:10 - 18:40	Exp. MAC Stronger	Group Studio	AVŞİN				
18:30 - 19:20	Cycling	TERAS	YASİN					18:30 - 19:00	Exp. Cycle	Cycle Studio	CİHAT				
18:45 - 19:15	Gfx Go	Free Weight	EMRE					18:45- 19:15	Pilates Studio	Group Studio	MERAL				
CUMA / FRIDAY				NOTLAR / NOTES											
08:00 - 08:30	Gfx Go	Free Weight	MERIE	<p>Grup derslerimiz için mobil aplikasyonumuzdan randevunuzu almayı unutmayınız.</p> <p>MAC, Ders Pogramında Değişiklik Yapabilir.</p>											
08:30 - 09:00	Crunch & Burn	Group Studio	MERIE												
10:00 - 10:30	Exp. Body Fit	Group Studio	CANBERK												
11:00 - 11:30	Crunch & Burn	Group Studio	BERKE												
12:00 - 12:30	GFX Move	Free Weight	ABDÜL												
12:30 - 13:00	Pilates Studio	Group Studio	ABDÜL												
13:15 - 13:45	Exp. MAC Stronger	Group Studio	EMRE												
14:00 - 14:30	Stretching	Group Studio	FATMA												
17:00 - 17:30	Gfx Go	Free Weight	FİGEN												
18:00 - 18:30	Crunch & Burn	Group Studio	TAŞKIN												
18:30 - 19:00	Exp. Aero H.A.T	Group Studio	EREN												
18:30 - 19:20	Cycling	TERAS	YASİN												