MAC G-MALL

2021 MART / MARCH

info: macgmall@macsportif.com
+90 212 232 44 40

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

PAZARTESİ MONDAY

07:30-08:20	Pilates Studio	Jale Arslan	Studio 1
10:00-10:30	GFX Kardio	Serkan Çelik	Gym Area
11:00-11:50	Power Pilates Mat	Aysun Düz	Studio 1
12:00-12:50	Mac Stronger	Sedat Orel	Studio 1
13:00-13:50	Hatha Yoga	Fulden Çağın	Studio 1
15:00-15:30	ABS Workout	Alp Elgin	Studio 1
18:00-18:15	ABS Workout	Hazım Çolak	Studio 1
18:20-19:05	MAC Fighter	Berkay Arslan	Studio 1
18:20-19:05	Pilates Ring	Jale Arslan	Studio 2
18:30-19:20	Cycling	Uğur Uzun	Cycling
18:30-19:00	GFX Kardio	Serkan Çelik	Gym Area
19:10-19:55	MAC Tabata	Murat Demir	Studio 1
19:10-19:55	Vinyasa Yoga	Semra Hason	Studio 2

SALI TUESDAY

08:00-08:30	GFX Fonksiyonel	Samet Karakuş	Gym Area
10:00-10:50	Pilates Fundamentals	Gülcan Güven	Studio 2
11:00-11:50	MAC Stronger	Sedat Orel	Studio 1
11:00-11:50	Vinyasa Yoga	Semra Hason	Studio 2
12:00-12:50	Cycling	Kağan Koçer	Cycling
13:00-13:20	ABS Workout	Kağan Karakurt	Studio 1
18:00-18:15	ABS Workout	Murat Demir	Studio 1
18:00-18:30	GFX Fonksiyonel	Samet Karakuş	Gym Area
18:20-19:05	Power Sculpt	Nilüfer Ergin	Studio 1
18:30-19:20	Cycling	Murat Demir	Cycling
18:20-19:05	Pilates Hardcore	Jale Arslan	Studio 2
19:10-19:55	Mac Fighter	Veysel Karani	Studio 1
19:10-19:55	Zumba	Emrah Yıldırım	Studio 2

ÇARŞAMBA WEDNESDAY

07:30-08:20	Pilates Studio	Jale Arslan	Studio 2
08:00-08:30	GFX Kardio	Serkan Çelik	Gym Area
10:00-10:50	Brazilian Butt Fit	Soydan Örnek	Studio 1
11:00-11:50	Pilates Ring	Aysun Düz	Studio 2
12:00-12:50	MAC Tabata	Feyyaz Demir	Studio 1
13:00-13:50	Yin Yoga & Mindfulness	Canset Bağan	Studio 2
15:00-15:30	ABS Workout	Alp Elgin	Studio 1
18:00-18:15	ABS Workout	Erdi Yetgin	Studio 1
18:20-19:05	Booty Booster	Gülcan Güven	Studio 1
18:30-19:20	Cycling	Oğuzcan Aydın	Cycling
18:30-19:00	GFX Kardio	Samet Karakuş	Gym Area
19:10-19:55	Hatha Yoga	Fulden Çağın	Studio 1
19:10-19:55	Pilates Studio	Jale Arslan	Studio 2

PERŞEMBE THURSDAY

08:00:08:30	GFX Fonksiyonel	Hazım Çolak	Gym Area
10:00-10:50	Pilates Studio	Gülcan Güven	Studio 2
11:00-11:50	Power Sculpt	Nilüfer Ergin	Studio 1
11:00-11:50	Vinyasa Yoga	Semra Hason	Studio 2
12:00-12:50	Cycling	Oğuzcan Aydın	Cycling
13:00-13:20	ABS Workout	Oğuzcan Aydın	Studio 1
18:00-18:15	ABS Workout	Gülcan Güven	Studio 1
18:20-19:05	Power Sculpt	Nilüfer Ergin	Studio 1
18:20-19:05	Pilates Studio	Gülcan Güven	Studio 2
18:30-19:20	Cycling	Çağatay Şahin	Cycling
19:10-19:55	Mac Stronger	Alp Elgin	Studio 1

CUMA FRIDAY

08:00-08:30	GFX Fonksiyonel	Serkan Çelik	Gym Area
11:00-11:50	Resistance Band&Barre	Aysun Düz	Studio 1
12:00-12:50	Mac Stronger	Sedat Orel	Studio 1
15:00-15:20	ABS Workout	Samet Karakuş	Studio 1
18:00-18:15	ABS Workout	Samet Karakuş	Studio 1
18:30-19:20	Cycling	Samet Karakuş	Cycling
18:30-19:00	GFX Fonksiyonel	Alp Elgin	Gym Area
18:20-19:05	Zumba	Emrah Yıldırım	Studio 1
19:00-19:50	Yin Yoga & Mindfulness	Canset Bağan	Studio 2

CUMARTESİ SATURDAY

10:30-11:00	GFX Fonksiyonel	Erdi Yetgin	Gym Area
11:00-11:50	Pilates Focus Hour	Aysun Düz	Stüdio 1
12:00-12:50	Vinyasa Yoga	Semra Hason	Studio 2
12:00-12:50	MAC Tabata	Feyyaz Demir	Studio 1
13:00-13:50	Cycling	Uğur Uzun	Cycling
14:00-14:50	MAC Fighter	Berkay Arslan	Studio 1
15:00-15:20	ABS Workout	Kağan Koçer	Studio 1

PAZAR SUNDAY

NOTLAR NOTES

*Cycling Dersleri İçin Resepsiyondan Rezervasyon Yaptırmayı Unutmayınız.

*For Cycling Classess do not forgot to make your reservation from reception.

*Mac Fighter derslerinde sağlığınız ve hijyen açısından kendi boks eldiveninizi getirmenizi tavsiye ederiz.

*We strongly recommend that for Mac Fighter classes members should bring their own boxing gloves for health and hygiene purposes.