MAC ORTAKÖY 2021
NİSAN/APRIL

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

PAZARTESİ / MONDAY

07:00-07:30	Exp.Cycling	Neslihan Çakıroğlu	Cycle Studio
07:30-08:00	GFX KARIN	Neslihan Çakıroğlu	Gym Floor
09:30-10:00	Crunch&Burn	Melis Öztürk	Studio Yoga
10:00-10:50	Pilates Studio	Melis Öztürk	Studio Yoga
09:00-09:50	Cardio H.A.T.	Rıza Tulgar	Studio
11:00-11:50	Mac Stronger	Kürşat Öztürk	Studio
12:00-12:50	Vinyasa Yoga	Türkan Paşalıoğlu	Studio
12:00-12:50	Body Fit	Ceren Bozkurt	Studio Yoga
15:00-15:30	GFX Başlangıç	Murat Özkan	Gym Floor
15:30-16:00	Crunch&Burn	Murat Özkan	Studio Yoga
17:00-17:30	Core Killer	Ekrem Arslan	Studio Yoga
17:30-18:00	GFX 360	Muhammet Şentürk	Gym Floor
17:30-18:20	Pilates Studio	Ozan Elmas	Studio
18:00-18:30	GFX Kardiyo	Burak Güney	Gym Floor
18:30-19:20	Exp. Bodyfit	Arda Eruğuz	Studio Yoga
18:30-19:20	Zumba	Emrah Yıldırım	Studio
18:40-19:30	Cycling	Burak Güney	Cycle Studio

SALI / TUESDAY

07:00-07:50	Cycling	Muhammet Şentürk	Cycle Studio
07:00-07:50	Vinyasa Yoga	Can Zaimoğlu	Studio Yoga
08:00-08:30	GFX Form	Ceren Bozkurt	Gym Floor
10:00-10:50	Pilates Studio	Özcan Yenice	Studio
11:30-12:00	Core Killer	Ceren Bozkurt	Studio Yoga
12:00-12:50	Pilates Studio	Evren Aydın	Studio
14:00-14:50	Pilates Studio	Osman Keskin	Studio
15:00-15:30	Crunch&Burn	İnan Yavuz	Studio Yoga
16:30-17:00	GFX Fonksiyonel	Hasan Taşkın	Gym Floor
17:00-17:30	Crunch & Burn	Deniz Ortaç	Studio Yoga
17:30-18:00	GFX 360	Deniz Ortaç	Gym Floor
17:45-18:25	Pilates Studio	Murat Özkan	Studio Yoga
18:00-18:50	Vinyasa Yoga	Türkan Paşalıoğlu	Studio
18:45-19:35	Cycling	Murat Özkan	Cycle Studio
18:30-19:00	Core Killer	Uğurcan Karatepe	Gym Floor
19:00-19:30	GFX Fonksiyonel	Uğurcan Karatepe	Gym Floor

ÇARŞAMBA / WEDNESDAY

07:00-07:50	Cycling	Burak Güney	Cycle Studio
08:00-08:30	GFX Form	Burak Güney	Gym Floor
10:00-10:50	Pilates Studio	Melis Öztürk	Studio
11:00-11:50	Cardio H.A.T.	Rıza Tulgar	Studio
12:00-12:30	Core Killer	Ekrem Arslan	Studio Yoga
12:30-13:00	GFX Fonsiyonel	Ekrem Arslan	Gym Floor
13:30-14:00	GFX Fonsiyonel	Efe Karabulut	Gym Floor
14:00-14:50	MAC Stronger	Kürşat Öztürk	Studio
17:00-17:30	Crunch & Burn	Muhammet Şentürk	Gym Floor
17:30-18:00	GFX Başlangıç	Burak Güney	Studio Yoga
17:30-18:20	Pilates Studio	Ozan Elmas	Studio
18:30-19:20	Zumba	Emrah Yıldırım	Studio
18:30-19:00	Exp. Cycling	Muhammet Şentürk	Cycle Studio
18:30-19:20	Vinyasa Yoga	Can Zaimoğlu	Studio Yoga
19:00-19:30	GFX 360	Muhammet Şentürk	Gym Floor

PERŞEMBE / THURSDAY

07:30-08:00	Core Killer	Deniz Ortaç	Gym Floor
08:00-08:00	GFX Form	Deniz Ortaç	Gym Floor
10:00-10:50	Pilates Studio	Evren Aydın	Studio
11:30-12:00	GFX Fonksiyonel	Ekrem Arslan	Gym Floor
12:00-12:50	Pilates Studio	Ekrem Arslan	Studio
14:00-14:50	Pilates Studio	Kürşat Öztürk	Studio
16:00-16:30	GFX Fonksiyonel	Akın Bergansa	Gym Floor
17:00-17:30	Crunch & Burn	Ekrem Arslan	Studio
17:30-18:00	GFX Move	Uğurcan Karatepe	Gym Floor
17:30-18:20	MAC Stronger	Neslihan Çakıroğlu	Studio Yoga
18:00-18:30	GFX Fonksiyonel	Salim Başkan	Gym Floor
18:00-18:50	Vinyasa Yoga	Türkan Paşalıoğlu	Studio
18:30-19:00	Crunch & Burn	Salim Başkan	Gym Floor
18:30-19:20	Pilates Studio	Ekrem Arslan	Studio Yoga
18:45-19:25	Cycling	Murat Özkan	Cycle Studio

CUMA / FRIDAY

07:00-07:50	Cycling	Muhammet Şentürk	Cycle Studio
08:00-08:30	GFX Karın	Muhammet Şentürk	Gym Floor
09:00-09:50	Cardio H.A.T.	Rıza Tulgar	Studio
09:30-10:00	Crunch&Burn	Melis Öztürk	Studio Yoga
11:30-12:20	Vinyasa Yoga	Can Zaimoğlu	Studio Yoga
13:00-13:30	GFX Başlangıç	Berkhan Özay	Gym Floor
13:30-14:00	Crunch&Burn	Berkhan Özay	Gym Floor
15:30-16:00	GFX Fonksiyonel	Deniz Ortaç	Gym Floor
16:00-16:30	Streching	Deniz Ortaç	Studio Yoga
17:00-17:50	Cycling	Burak Güney	Cycle Studio
18:00-18:50	Bodyfit	Deniz Ortaç	Studio Yoga
18:00-18:30	GFX 360	Burak Güney	Gym Floor
18:00-18:50	Vinyasa Yoga	Can Zaimoğlu	Studio

CUMARTESİ / SATURDAY

PAZAR / SUNDAY

NOTLAR / NOTES

Bütün grup dersleri için Mars Athletic Club uygulaması üzerinden dersten en fazla bir gün öncesi rezervasyon yaptırmayı unutmayınız.

For All GX classes please remember to reserve your place at most 1 day before class on Mars Athletic Club application.

*ADV İLERİ SEVİYE
*INT ORTA SEVİYE
*BGN BAŞLANGIÇ SEVİYESİ

*GFX Go BAŞLANGIÇ SEVİYESİ
*GFX Move ORTA SEVİYE
*GFX EXTREME İLERİ SEVİYE