



# MAC SUADIYE

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

2021 EYLÜL / SEPTEMBER

PAZARTESİ MONDAY				SALI TUESDAY				ÇARŞAMBA WEDNESDAY				PERŞEMBE THURSDAY			
07:00-07:30	Exp Cycle	Çağrı	Studio	07:00-07:50	Adv. Pilates Equipment	Can	Studio	07:00-07:50	Body Fit	Batuhan	Studio	07:00-07:30	Core Killer	Erbay	Studio
07:30-08:00	<b>GFH KARIN</b>	Çağrı	Gym Floor	08:30-09:20	Body Fit	Koray	Studio	10:00-10:30	<b>GFH KARDIYO</b>	Melih	Gym Floor	09:00-09:50	Body Fit	Erbay	Studio
09:00-09:50	Mac Stronger	Taner	Studio	09:30-10:00	Stretching	Koray	Studio	11:00-11:30	Exp Body Fit	Melih	Studio	10:00-10:50	Pilates Stüdio	Can	Studio
10:00-10:30	Stretching	Taner	Studio	12:00-12:30	Exp Body Fit	Melih	Studio	11:30-12:00	<b>GFH KARIN</b>	Melih	Gym Floor	11:00-11:30	Core Killer	Batuhan	Studio
14:00-14:30	Exp Cycle	Damla	Studio	12:30-13:00	<b>GFH KARDIYO</b>	Melih	Gym Floor	13:30-14:00	Crunch & Burn	Çağrı	Gym Floor	13:00-13:30	<b>GFH KARDIYO</b>	Erkut	Gym Floor
16:00-16:30	<b>GFH 360</b>	Erkut	Gym Floor	14:00-14:50	Body Fit	Kadir	Studio	14:00-14:30	<b>GFH BAŞLANGIÇ</b>	Çağrı	Gym Floor	14:00-14:50	Mac Stronger	Melih	Studio
18:00-18:50	Mac Dışarıda Fonksiyonel	Melih / Taner	Outdoor	17:30-18:00	<b>GFH 360</b>	Çağrı	Gym Floor	17:00-17:30	<b>GFH FORM</b>	Taner	Gym Floor	15:00-15:30	Stretching	Melih	Studio
18:00-18:30	Fit Step	Kadir	Studio	18:00-18:50	Pilates Stüdio	Damla	Studio	17:30-18:00	Core Killer	Taner	Gym Floor	18:00-18:30	<b>GFH BAŞLANGIÇ</b>	Damla	Gym Floor
18:30-19:20	Fit Dance	Uğur	Studio	19:00-19:30	<b>GFH KARIN</b>	Çağrı	Gym Floor	18:30-19:20	Power Cycle	Uğur	Studio	18:30-19:20	Pilates Equipment	Damla	Studio
19:30-20:20	Body Fit	Melih	Studio	19:30-20:20	Mac Stronger	Erkut	Studio	19:30-20:20	Body Fit	Erbay	Studio	19:00-19:30	<b>GFH KARIN</b>	Çağrı	Gym Floor
20:30-21:00	<b>GFH KARDIYO</b>	Can	Gym Floor	20:30-21:20	Cardio Kickbox	Uğur	Studio	20:30-21:20	Pilates Equipment	Onur	Studio	19:30-20:20	Body Fit	Koray	Studio
20:30-21:20	Pilates Equipment	Onur	Studio	21:30-22:00	<b>GFH FORM</b>	Batuhan	Gym Floor	20:30-21:30	Mac Dışarıda Koşu	Uğur	Outdoor	20:30-21:00	Exp Step	Kadir	Studio
21:00-21:30	Core Killer	Can	Gym Floor					21:30-22:00	Stretching	Kadir	Gym Floor	21:00-21:30	Core Killer	Çağrı	Gym Floor
21:30-22:00	Stretching	Can	Gym Floor												
CUMA FRIDAY				CUMARTESİ SATURDAY				PAZAR SUNDAY				NOTLAR NOTES			
07:00-07:50	Mac Stronger	Damla	Studio	09:00-09:30	<b>GFH 360</b>	Melih	Gym Floor	09:00-09:30	<b>GFH BAŞLANGIÇ</b>	Batuhan	Gym Floor	Bütün grup dersleri için Mars Athletic Club uygulaması üzerinden dersten en fazla bir gün önce rezervasyon yaptırmayı unutmayınız.			
07:50-08:20	Stretching	Damla	Studio	09:30-10:00	Crunch & Burn	Melih	Gym Floor	12:00-12:30	Crunch & Burn	Onur	Studio				
10:00-10:30	Exp Cycle	Uğur	Studio	12:00-12:50	Body Fit	Erbay	Studio	12:30-13:00	Exp Cycle	Onur	Studio	For All GX classes please remember to reserve your place at most 1 day before class on Mars Athletic Club application.			
10:30-11:00	<b>GFH KARIN</b>	Uğur	Gym Floor	13:00-13:50	Maraton Cycle	Can	Studio	13:10-14:00	Mac Stronger	Erkut	Studio				
11:10-12:00	Pilates Studio	Onur	Studio	13:50-14:20	Stretching	Can	Studio	14:00-14:30	Stretching	Erkut	Studio	MAC Dışarıda dersleri 5 KM olup dersten 15 dk önce rezervasyon yapılarak toplanma alanı olan kulüp önünde hazır bulunulması rica olunur.			
14:00-14:30	<b>GFH BAŞLANGIÇ</b>	Çağrı	Gym Floor	16:00-16:50	Mac Stronger	Koray	Studio	15:00-15:30	<b>GFH 360</b>	Kadir	Gym Floor				
14:30-15:00	Crunch & Burn	Çağrı	Stüdio	19:00-19:30	<b>GFH FORM</b>	Taner	Gym Floor	15:30-16:00	Crunch & Burn	Kadir	Gym Floor				
19:00-19:30	Core Killer	Taner	Studio	19:30-20:00	Stretching	Taner	Gym Floor	18:00-18:30	<b>GFH KARDIYO</b>	Kadir	Gym Floor				
20:00-20:30	Exp Fitball	Erkut	Studio												
20:30-21:00	Stretching	Erkut	Studio												
21:00-21:30	Exp. Mac Stronger	Taner	Studio												
21:30-22:00	Exp Cycle	Taner	Studio												