



# MAC KANYON 2022

## TEMMUZ/JULY

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MAC Spor Programları Sağlık Yasağı,  
Kullanılmadan önce lütfen okuyunuz.

PAZARTESİ / MONDAY			SALI / TUESDAY			ÇARŞAMBA / WEDNESDAY			PERŞEMBE / THURSDAY						
07:00-07:30	Cycling exp	Erkut Ergüden	Cycle st	07:00-07:30	Cycling exp	Furkan Taşçı	Cycle St	07:00-07:30	Cycling exp	Berker Uysal	Cycle st	07:00-07:50	Hammer Strength Power	Aleyna Bekeoğlu	P.C.A
07:30-08:00	Exp Body Fit	Erkut Ergüden	Studio 1	07:00-07:50	Pilates Studio-Int	Ayşe Şaşmaz	Studio 1	07:00-07:50	Aqua Bootcamp	Şafak Yurdakul	Pool	07:00-07:30	Cycling exp	Erkut Ergüden	Cycle St
07:00-07:30	Exp Bootcamp	Armin Şanlı	Studio 2	07:00-07:50	Aqua Bootcamp	Cahit Saroğlu	Pool	07:30-08:00	Exp Body Fit	Berker Uysal	Studio 1	07:00-07:50	Aqua Bootcamp	Şafak Yurdakul	Pool
07:30-07:50	Crunch	Armin Şanlı	Studio 2	07:30-08:00	Crunch	Furkan Taşçı	Studio 2	12:10-12:40	Exp Body Fit	Okan Kaya	Studio 1	07:30-08:00	GFX Core	Erkut Ergüden	Studio 2
07:00-07:50	Aqua Bootcamp	Tunç Sayın	Pool	08:00-08:30	GFX Functional	Burak Çebi	Free Court	12:10-13:00	Pilates Studio-INT	Emre Kolaçoğlu	Studio 2	11:00-11:30	Cycling exp	Furkan Taşçı	Cycle St
12:10-13:00	Pilates Studio-INT	Fatma Duran	Studio 2	09:30-10:00	GFX Karın	Furkan Taşçı	Free Court	12:40-13:00	Crunch	Okan Kaya	Studio 1	11:30-12:00	GFX Karın	Furkan Taşçı	Free Court
12:10-12:40	Exp Body Fit	Eren Şerbetçi	Studio 1	10:00-10:50	Pilates Studio	Sude Gül	Studio 1	12:10-13:00	Cycling	Burak Çebi	Cycle st	12:10-13:00	Pilates Studio-INT	Yasemin Özdemir	Studio 2
12:40-13:10	GFX Karın	Eren Şerbetçi	Studio 1	12:10-13:00	Pilates Studio-INT	Yasemin Özdemir	Studio 2	13:00-13:30	GFX Functional	Eşengül Arpacı	Studio 1	12:10-13:00	Cycling	İrfan Öztel	Cycle St
12:10-13:00	Cycling	Tarik Eken	Cycle st	12:10-13:00	Hammer Strength Power	Emrah Koyuncu	Free Court	13:40-14:00	Crunch	Gizem Çakıl	Studio 1	13:00-13:30	GFX Karın	Furkan Taşçı	Free Court
13:10-14:00	Hatha Yoga	Fulden Çağın	Studio 2	13:10-14:00	Vinyasa Yoga	Meltem Fakabasmaz	Studio 2	13:10-14:00	Hatha Yoga	Fulden Çağın	Studio 2	13:10-14:00	Vinyasa Yoga	Meltem Fakabasmaz	Studio 2
14:00-14:50	Body Weight Training	Furkan Taşçı	Studio 1	17:30-18:20	Pilates Studio	Aslınur Demirtaş	Studio 2	18:00-18:30	GFX Functional	Diğdem Böcek	Free Court	17:30-18:20	Pilates Studio	Aslınur Demirtaş	Studio 2
15:30-16:00	GFX Karın	Furkan Taşçı	Free Court	18:00-18:30	GFX Karın	Mustafa Altunkaynak	Free Court	18:30-19:00	GFXCore	Diğdem Böcek	Free Court	18:00-18:30	GFXFunctional	İdris Güneş	Free Court
16:00-16:50	Cycling	Furkan Taşçı	Cycle st	18:30-19:00	Cycling Exp.	Aleyna Bekeoğlu	Cycle st	18:30-19:20	Cycling	Tarik Eken	Cycle St	18:30-19:00	GFXCore	İdris Güneş	Free Court
18:00-18:50	Vinyasa Yoga	Ayşegül Yazıcı	Studio 2	18:30-19:00	GFX Core	İrfan Öztel	Free Court	18:30-19:20	BootCamp	Yener Kahraman	Studio 1	18:30-19:20	Pilates Studio-INT	Fatma Duran	Studio 2
18:00-18:30	Brazilian Butt Fit	Ayşe Şaşmaz	Studio 1	18:30-19:20	Pilates Studio- INT	Yasemin Özdemir	Studio 2	19:00-19:50	Hammer Strength Power	İdris Güneş	P.C.A	18:40-19:30	MAC Bodyfit	Sezgin Öztürk	Studio 1
18:00-18:30	GFXFunctional	Burak Çebi	Free Court	18:30-19:20	MAC Bodyfit	Sezgin Öztürk	Studio 1	19:00-19:30	GFX Functional	Furkan Taşçı	Free Court	19:00-19:30	GFX Functional	Burak Çebi	Free Court
18:30-19:00	GFXCore	Ufuk Yılmaz	Free Court	18:30-19:20	Aqua Power-ADV	Tunç Sayın	Pool	19:30-20:20	Pilates Studio-INT	Emre Kolaçoğlu	Studio 2	19:00-19:50	Hammer Strength Power	Eren Şerbetçi	P.C.A
18:30-19:20	Nike Superrep HIT	Emrah Koyuncu	Studio 1	19:00-19:30	GFX Functional	Aleyna Bekeoğlu	Free Court	19:30-20:00	GFX Karın	Furkan Taşçı	Free Court	19:10-19:40	Cycling Exp.	İdris Güneş	Cycle St
18:30-19:20	Hammer Strength Power	Emir Ünlü	P.C.A	19:10-20:00	Cycling	İrfan Öztel	Cycle st	19:00-19:50	Water Fit	Cahit Saroğlu	Pool	19:30-20:20	Aqua Power-ADV	Cahit Saroğlu	Pool
19:00-19:50	Aqua Power	Cahit Saroğlu	Pool	19:30-20:00	GFXCore	Aleyna Bekeoğlu	Free Court	19:30-20:20	Cycling	Yener Kahraman	Cycle st	19:30-20:00	GFX Core	İrmak Yeşilyurt	Free Court
19:00-19:50	Pilates Studio-ADV	Emre Kolaçoğlu	Studio 2	19:30-20:20	Insanity	Erkut Ergüden	Studio 2	19:40-20:30	MAC H.I.I.T	Tarik Eken	Studio 1	19:30-20:20	Stretching	Sude Gül	Studio 2
19:00-19:50	*MAC Fighter	Mustafa Altunkaynak	Free Court	19:30-20:20	Vinyasa Yoga	Leyla Zerger	Studio 1	20:00-20:30	Body Weight Training	Furkan Taşçı	Free Court	19:50-20:40	Zumba	Selinay Pirgaip	Studio 1
19:30-20:20	Cycling	Okan Kaya	Cycle st	19:30-20:30	Açık Su Yüzme Hazırlık	Tunç Sayın	Pool	20:40-21:10	Exp Mac Stronger	Onur Şenal	Studio 1	20:00-20:30	Cycling Exp.	Burak Çebi	Cycle St
19:30-20:20	MAC Stronger	Emir Ünlü	Studio 1	20:30-21:00	Exp Stretching	Buse Erseçenler	Studio 2	21:10-21:30	Crunch	Onur Şenal	Studio 1	20:50-21:20	Exp Mac Stronger	Eşengül Arpacı	Studio 1
20:00-20:50	Zumba	Selinay Pirgaip	Studio 2	20:40-21:10	Exp Mac Stronger	Armin Şanlı	Studio 1					21:30-21:50	Crunch	Eşengül Arpacı	Studio 1
20:30-21:00	GFX Core	Ayşe Şaşmaz	Free Court	21:20-21:50	Crunch	Armin Şanlı	Studio 1								
20:30-21:00	Exp Mac Stronger	Büşra Bulut	Studio 1												
21:00-21:20	Crunch	Büşra Bulut	Studio 1												
CUMA / FRIDAY			CUMARTESİ / SATURDAY			PAZAR / SUNDAY			NOTLAR / NOTES						
07:00-07:30	Cycling exp	Berker Uysal	Cycle st	09:30-10:00	Crunch	Eşengül Arpacı	Studio 1	09:00-09:30	Cycling Exp.	Burak Çebi	Cycle st	Bütün grup dersleri için Mars Athletic Club uygulaması üzerinden dersten en fazla bir gün önce rezervasyon yaptırmayı unutmayınız.			
07:00-07:30	Body Weight Training	Furkan Taşçı	Studio 2	10:30-11:20	Stretching	Aslınur Demirtaş	Studio 2	09:30-10:00	Crunch	Eşengül Arpacı	Free Court				
07:00-07:50	Aqua Bootcamp	Tunç Sayın	Pool	11:00-11:50	MAC Stronger	Sezgin Öztürk	Studio 1	10:00-10:30	Cycling Exp.	Furkan Taşçı	Cycle St				
07:30-08:00	Exp Body Fit	Berker Uysal	Studio 1	11:50-12:10	GFX Core	Sezgin Öztürk	Studio 1	10:30-11:00	GFX Karın	Furkan Taşçı	Free Court	For All GX classes please remember to reserve your place at most 1 day before class on Mars Athletic Club application.			
08:00-08:30	GFX Karın	Furkan Taşçı	Studio 2	12:30-13:20	Pilates Studio-Bgn	Ayşe Şaşmaz	Studio 2	11:00-11:30	Exp MAC Stronger	Buse Erseçenler	Studio 2	* Final Round ve MAC Fighter dersleri için üyeler kendi box eldivenlerini getirmelidir.			
09:30-10:00	GFX Fonksiyonel	Furkan Taşçı	Free Court	13:00-13:50	Stretching	Emre Turan	Studio 2	11:30-12:00	GFX Core	Buse Erseçenler	Free Court	* Members should bring their boxing gloves for Final Round and MAC Fighter classes.			
12:10-12:40	Exp Body Fit	Tarik Eken	Studio 1	13:30-14:20	Kids Swim	Şafak Yurdakul	Pool	12:00-12:30	Exp. Cardio Kickbox	Buse Erseçenler	Free Court	# Kids Swim dersi 6-12 yaş arası içindir.			
12:40-13:10	Crunch	Tarik Eken	Studio 1	13:00-13:30	GFX Core	Büşra Bulut	Free Court	12:00-12:50	Aqua Power	Tunç Sayın	Pool	# Kids Swim classes are for between ages 6-12.			
12:10-13:00	Cycling	Eren Şerbetçi	Cycle St	13:30-14:20	Cycling	Eren Şerbetçi	Cycle St	12:10-13:00	MAC H.I.I.T	Okan Kaya	Studio 1				
12:10-13:00	Pilates Studio- Int	Emre Kolaçoğlu	Studio 2	14:30-15:00	Brazilian Butt Fit	Büşra Bulut	Free Court	13:00-13:30	GFX Core	Okan Kaya	Studio 1				
13:10-13:40	Exp Cardio H.A.T	Buse Erseçenler	Studio 1	14:30-15:50	Vinyasa Yoga Long Time	Leyla Zerger	Studio 2	13:00-13:50	Cycling	Berker Uysal	Cycle st				
18:30-19:00	GFX Core	Gizem Çakıl	Free Court	15:30-16:00	GFXCore	Armin Şanlı	Free Court	13:00-13:50	Kids Swim	Cahit Saroğlu	Pool	*ADV İLERİ SEVİYE *INT ORTA SEVİYE *BGN BAŞLANGIÇ SEVİYESİ			
18:30-20:20	Cycling Marathon	Yener Kahraman	Cycle St	16:00-16:50	MAC Stronger	Onur Şenal	Studio 1	14:00-14:30	GFX Core	Berker Uysal	Free Court				
18:40-19:30	Nike Superrep H.I.I.T	Emrah Koyuncu	Studio 1	17:00-17:30	GFXFunctional	Onur Şenal	Free Court	14:00-14:50	Power Yoga	Ayşegül Yazıcı	Studio 2				
18:30-19:20	Pilates Studio- Bgn	Aleyna Bekeoğlu	Studio 2	17:30-18:00	GFXCore	Onur Şenal	Free Court	15:00-15:50	Pilates Studio-Bgn	Gizem Çakıl	Studio 2				
19:00-19:50	Water Fit	Cahit Saroğlu	Pool	17:00-17:50	Stretching	Büşra Bulut	Studio 2	16:00-16:50	Stretching	Emre Turan	Studio 2				
19:30-20:00	GFX Core	Emrah Koyuncu	Free Court	18:00-18:50	Military Training	Burak Çebi	Terrace	17:00-17:50	Body Fit	Sude Gül	Studio 1				
19:40-20:10	Exp MAC Stronger	Diğdem Böcek	Studio 1												
19:30-20:20	Power Yoga	Ayşegül Yazıcı	Studio 2												
20:10-20:30	Crunch	Diğdem Böcek	Studio 1												
20:30-21:00	GFX Fonksiyonel	Sude Gül	Free Court												
21:05-21:35	GFX Karın	Sude Gül	Free Court												