STÜDYO DERSLERİ

PAZARTESİ

10:00 - 11:00 H.I.I.T – Buğra
11:00 - 12:00 PILATES - Yiğit
18:30 – 19:00 CRUNCH - Furkan
19:00 - 20:00 PILATES - Yasin
20:00 - 21:00 CYCLE - Yaşar

SALI

10:00 - 11:00 BUTS & GUTS - Furkan
11:00 - 12:00 CRUNCH and STRETCHING - Yasin
19:00 - 20:00 BUTS & GUTS – Buğra
20:00-21:00 PİLATES- Beste

ÇARŞAMBA

10:00 - 11:00 TABATA - Buğra
11:00 - 12:00 YOGA - Busem
18:30 - 19:00 CORE - Alara
18:30-19:00 CYCLE - İnanç
19:00 - 20:00 PILATES - Yasin
20:00-21:00 PİLATES- Şeyma

PERŞEMBE

10:00 - 11:00 TOTAL BODY - Yaşar
18:30 - 19:00 TABATA – Alara
19:00 - 20:00 YOGA – Busem
20:00-21:00 PİLATES - Beste

CUMA

10:00 - 11:00 CYCLE - Yaşar
11:00 - 12:00 PILATES - Yiğit
18:30 - 19:00 PILATES - Alara
19:00 - 20:00 H.I.I.T – Buğra

CUMARTESİ

11:00 - 12:00 TOTAL BODY - Furkan
12:00 - 13:00 PILATES – Yasin

PAZAR

11:00 - 12:00 YOGA – Busem
12:00 - 13:00 PILATES - Yiğit

ACIBADEM SPORTS / FIFA MEDICAL CENTRE OF EXCELLENCE