

	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA	CUMARTESİ	PAZAR
16:00	STEP Ant.Nazime/ Std3		STEP Ant.Nazime / Std 3			PİLATES/ TAE BO Ant.Nazime / Std 3	ZUMBA/ STEP Ant.Safure/ std 3
17:00							SPİNNİNG Ant.Safure/ Std 2
18:00	SPİNNİNG Ant.Safure/ Std 2	SPİNNİNG Ant.Nazime /Std 2	SPİNNİNG Ant.Safure/ Std2	SPİNNİNG Ant.Nazime/ Std2	SPİNNİNG Ant.Nazime/ Std 2	SPİNNİNG Ant.Nazime/Std 2	
18:30	PİLATES Ant.Nazime / Std 3	TOTAL BODY Ant.Safure/ Std 3	PİLATES Ant.Nazime / Std 3				
18:45	SPİNNİNG Ant.Samet/ Std2	SPİNNİNG Ant.Samet/ Std 2	SPİNNİNG Ant.Samet/ Std2	SPİNNİNG Ant.Samet/ Std2	SPİNNİNG Ant.Samet/ Std 2	SPİNNİNG Ant.Samet/Std2	
19:00	SİXPACK Std 1	SİXPACK Std 1	SİXPACK Std 1	SİXPACK Std 1	SİXPACK Std 1 PİLATES Ant.Nazime Std 3		
19:30	ZUMBA Ant.Safure / Std 3	STEP Ant.Nazime /Std 3	ZUMBA Ant.Safure / Std 3	TOTAL BODY Ant.Nazime/std3			
19:30	SPİNNİNG Ant.Samet/ Std2		SPİNNİNG Ant.Samet/ Std 2		SPİNNİNG Ant.Samet/ Std 2		
20:00	HIIT Ant.Alperen Std 1	MUAY THAI Ant.Osman/Std 1	HIIT Ant/AlperenStd 1	MUAY THAI Ant.Osman/Std 1	HIIT Ant./AlperenStd 1	MUAY THAI Ant.Osman/std 1	
20:30		SPİNNİNG Ant.Samet/ Std 2		SPİNNİNG Ant.Samet/ Std 2		SPİNNİNG Ant.Samet/Std 2	