



09:15 MAT PILATES - ASYA/S1

10:15 TOTAL BODY - KEMAL/S1

10:15 YOGA - HÜLYA/S2

10:15 AQUA FIT - KAAAN/ H

11:15 CYCLING - ASYA/S1

11:15 PILATES ALLEGRO - SİBEL/S3

11:30 TRX - ÖMER/ S1

12:15 HIPS&ABS - ÖMER/S1

18:00 CYCLING - ENES/S1

18:00 MAT PILATES - İPEK/S2

18:45 CROSS TRAINING - HÜLYA/FT

19:30 PILATES ALLEGRO-SEVİLAY/S3

19:00 YOGA - SELİM/ S1

19:30 STEP AEROBIC - SEVİLAY/FT

19:30 STRETCHING - HÜLYA/S2

20:15 CYCLING - GÖKHAN/S1

20:15 MAT PILATES - SELCAN/S2

20:15 KINESIS - UĞUR/S3





09:15 MAT PILATES - SEVİLAY/S1

10:15 CYCLING - SİBEL/S1

10:15 PILATES ALLEGRO- EBRU/S3

11:15 TABATA - UĞUR/S1

11:15 HIPS&ABS - SEVİLAY/S2

11:15 KINESIS - ALEXANDR/S3

12:00 PILATES ALLEGRO - İPEK/S3

12:15 STRETCHING - SEVİLAY/S2

12:15 ZUMBA - DİDEM/S1

18:00 HIPS&ABS - SELCAN/S1

18:00 PILATES ALLEGRO - ÜMRAN/S3

18:45 CYCLING - İPEK/S1

18:45 KIDS CİMNASTİK - ÜMRAN/S2

18:45 KIDS SWIM - KAAAN/H

19:30 TABATA - KEMAL/S1

19:30 MAT PILATES - CANER/S2

19:30 KIDS CLIMB - ÜMRAN/ TD

21:00 KINESIS - KAĞAN/S3



09:15 TOTAL BODY - UĞUR/S1

09:30 PILATES ALLEGRO - EBRU/S3

10:00 YOGA - RÜYA/S2

10:15 HIPS&ABS - KEMAL/S1

10:15 AQUA FIT - BÜŞRA/H

11:15 PILATES ALLEGRO - ÜMRAN/S3

11:15 JUMPING CARDIO - SİBEL/S1

11:15 STRETCHING - ASYA/S2

12:15 MAT PILATES - ASYA/S1

18:00 CYCLING - SEVİLAY/S1

18:00 PILATES ALLEGRO - ÜMRAN/S3

18:45 MAT PILATES - GÖKHAN/S2

18:45 KANGOO JUMPS - TOLGA/S1

18:45 CROSS TRAINING - HÜLYA/FT

19:15 AQUA FIT - MERVE/H

19:30 ZUMBA - MERVE/S1

19:30 STRETCHING - HÜLYA/S2

20:15 CYCLING - ALEKSANDR/S1

20:15 POUND FIT - MERVE/FT

20:15 CARDIO X - HÜLYA/FA

20:30 KINESIS - OĞUZHAN/S3

21:00 STRETCHING - ALEKSANDR/S1



09:15 TOTAL BODY - EBRU/S1

10:15 YOGA - SELİM/S2

10:15 MAT PILATES - SEVİLAY/S1

11:15 TABATA - BUĞRAHAN/S1

11:30 TRX - OĞUZHAN/S2

12:15 PILATES ALLEGRO - ÜMRAN/S3

12:15 STEP AEROBIC - ALEKSANDR/S1

13:15 STRETCHING -ALEKSANDR/S1

18:00 JUMPING CARDIO - ENES/S1

18:00 KIDS CLIMB-ÜMRAN,SELCAN/TD

18:45 TOTAL BODY - SELCAN/S1

18:45 TRX - KAĞAN/S2

18:45 KIDS SWIM - CEM/H

19:30 CYCLING - ASYA/S1

19:30 MAT PILATES - İPEK/AH

19:30 KINESIS - CANER/S3

20:15 HIPS&ABS - CANER/S1

20:15 YOGA - HÜRREM/S2

20:15 PILATES ALLEGRO - KAĞAN/S3



BASE
LIFECLUB

CUMA



09:15 TOTAL BODY - BUĞRAHAN/S1

10:15 MAT PILATES - GÖKHAN/S1

10:15 AQUA FIT - BÜŞRA/H

11:15 PILATES ALLEGRO - EBRU/S3

11:15 CYCLING - SİBEL/S1

12:15 HIIT - SELCAN/S1

12:30 TRX - GÖKHAN / S2

18:00 MAT PILATES - KEMAL/S1

18:30 PILATES ALLEGRO - ÜMRAN/S3

18:45 CYCLING - ALEKSANDR/S1

20:15 KIDS SWIM - MERVE/H

20:15 TABATA - UĞUR/S1





BASE
LIFECLUB

CUMARTESİ



09:15 YOGA - HÜRREM /AH

10:15 - TOTAL BODY - SELCAN/S1

10:15 PILATES ALLEGRO - ÜMRAN/S3

11:00 **ÇOCUK AKADEMİSİ (4-7 YAŞ)**

TEMEL HAREKET EĞİTİMİ- MERVE/S2

11:00 **ÇOCUK AKADEMİSİ (8-13 YAŞ)**

KIDS PILATES- ANIL, CEM/ AH ÇİM

ALAN

11:15 MAT PILATES - ÜMRAN/ S1

12:00 **ÇOCUK AKADEMİSİ (4-7 YAŞ)**

EĞİTSEL OYUN- MERVE/S2

12:00 **ÇOCUK AKADEMİSİ (8-13 YAŞ)**

YÜZME - AYŞE, BÜŞRA/H

12:00 KANGOO JUMPS - TOLGA/S1

13:15 STEP AEROBIC - ALEKSANDR/S1

14:00 TRX - KAĞAN/S2

15:30 ANIMAL FLOW - VOLKAN/S1

16:15 MAT PILATES - GÖKHAN/S1

17:15 CYCLING - ENES/S1





10:15 MAT PILATES - SEVİLAY/S1

11:00 **ÇOCUK AKADEMİSİ (4-7 YAŞ)**

GİMNASTİK - ÜMRAN-CEM/S2

11:00 **ÇOCUK AKADEMİSİ (8-13 YAŞ)**

SOKAK OYUNLARI- ANIL, MERVE/ AH

ÇİM ALAN

11:15 HIIT - KAĞAN / S1

12:00 **ÇOCUK AKADEMİSİ (4-7 YAŞ)**

YÜZME - ANIL, EREN/H

12:00 **ÇOCUK AKADEMİSİ (8-13 YAŞ)**

GİMNASTİK - ÜMRAN-MERVE/S2

12:00 PILATES ALLEGRO - SEVİLAY/S3

12:15 JUMPING CARDIO - SİBEL/S1

13:15 STRETCHING - SİBEL/S1

13:15 TRX - UĞUR/S2

13:15 KIDS CLIMB - ÜMRAN, BUĞRAHAN/T

15:15 MAT PILATES- İPEK/S1

16:15 CYCLING -İPEK/S1

