



BASE
LIFECLUB

PAZARTESİ



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 CYCLINH - ASYA/S1

11:15 CIRCUIT TRAINING - ALEXANDR/FT

11:15 PILATES ALLEGRO - SİBEL/S3

11:30 TRX - BUĞRAHAN/ S1

12:15 HIPS&ABS - ÖMER/S1

12:15 CORE STATION - TAHA /S2

18:00 CARDIO-X - HÜLYA/FA

18:00 MAT PILATES - İPEK/S2

18:30 PILATES ALLEGRO-SEVDE/S3

18:45 CROSS TRAINING - HÜLYA/FT

19:00 YOGA - SELİM/ S1

19:30 STRETCHING - HÜLYA/S2

20:15 CYCLING - ENES/S1

20:15 MAT PILATES - SEVDE/S2

20:15 AQUA FIT - CEM/H





10:15 CYCLING - SİBEL/S1

10:15 PILATES ALLEGRO- EBRU/S3

10:15 HIPS&ABS - SİBEL/S2

11:15 TABATA - BUĞRAHAN/S1

11:15 KINESIS - ALEXANDR/S3

12:00 PILATES ALLEGRO - İPEK/S3

12:15 STRETCHING - ALEXANDR/S2

12:15 ZUMBA - DİDEM/S1

18:00 HIPS&ABS - SELCAN/S1

18:00 TRX - KAĞAN/S2

18:00 PILATES ALLEGRO - ÜMRAN/S3

18:45 CYCLING - İPEK/S1

18:45 KIDS CİMNASTİK - ÜMRAN/S2

18:45 KIDS SWIM - KAAN/H

19:30 TABATA - KEMAL/S1

19:30 MAT PILATES - CANER/S2

19:30 KIDS CLIMB - ÜMRAN/ TD

20:15 ZUMBA - BERİL/S1

21:00 PILATES ALLEGRO- KAĞAN/S3



09:15 TOTAL BODY - SİBEL/S1

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/2

12:15 MAT PILATES- ASYA/S1

12:30 TRX - BUĞRAHAN/S2

18:00 PILATES ALLEGRO - ÜMRAN/S3

18:00 CYCLING - ENES/S1

18:45 KANGOO JUMPS - TOLGA/S1

18:45 MAT PILATES - GÖKHAN/S2

18:45 CROSS TRAINING - HÜLYA/FT

19:15 AQUA FIT - MERVE/H

19:30 ZUMBA - MERVE/S1

19:30 STRETCHING - HÜLYA/S2

20:00 KINESIS - OĞUZHAN/S3

20:15 CYCLING - ALEKSANDR/S1

20:15 HAREKETLİ MEDİTASYON - DİCLE/S2

21:00 STRETCHING - ALEXANDR/S1



- 09:15 TOTAL BODY - EBRU/S1
10:15 MAT PILATES - SİBEL/S1
10:15 YOGA - SELİM/S2
11:15 TABATA - BUĞRAHAN/S1
11:30 TRX - OĞUZHAN/S2
12:15 PILATES ALLEGRO - ÜMRAN/S3
12:15 STEP AEROBIC - ALEKSANDR/S1
12:15 CORE STATION - TAHA/S2
13:15 STRETCHING - ALEKSANDR/S1
18:00 JUMPING CARDIO - ENES/S1
18:00 PILATES ALLEGRO - ÜMRAN/S3
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/S2
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

10:00 YOGA - RÜYA/S2

10:15 AQUA FIT - BÜŞRA/H

11:00 HAREKETLİ MEDİTASYON - DİCLE/S2

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

18:45 KIDS EĞİTSEL OYUN - SEVDE/S2

19:30 ZUMBA - DİDEM/S1

20:15 KIDS SWIM - MERVE/H

20:15 MAT PILATES - SEVDE/S2





BASE
LIFECLUB

CUMARTESİ



09:15 YOGA - HÜRREM /S2

10:15 TOTAL BODY - SELCAN/S1

10:15 PILATES ALLEGRO - ÜMRAN/S3

11:00 **ÇOCUK AKADEMİSİ (4-7 YAŞ)**

TEMEL HAREKET EĞİTİMİ- MERVE-EREN/S2

11:00 **ÇOCUK AKADEMİSİ (8-13 YAŞ)**

BASKETBOL- ANIL, CEM/ BASKETBOL S.

11:15 MAT PILATES - ÜMRAN/ S1

12:00 **ÇOCUK AKADEMİSİ (4-7 YAŞ)**

EĞİTSEL OYUN- MERVE-EREN/S2

12:00 **ÇOCUK AKADEMİSİ (8-13 YAŞ)**

YÜZME - AYŞE, BÜŞRA/H

12:00 KANGOO JUMPS- TOLGA/S1

13:15 STEP AEROBIC - ALEKSANDR/S1

14:30 ZUMBA - BERİL/S1

15:15 ANIMAL FLOW - VOLKAN/S1

16:15 MAT PILATES - GÖKHAN/S1

17:15 CYCLING - ENES/S1





11:00 ÇOCUK AKADEMİSİ (4-7 YAŞ)

GİMNASTİK - ÜMRAN-CEM/S2

10:15 MAT PILATES- SEVDE / S1

11:00 ÇOCUK AKADEMİSİ (8-13 YAŞ)

ATLETİZM - EREN-ANIL/ BASKETBOL S.

11:15 HIIT - KAĞAN / S1

12:00 ÇOCUK AKADEMİSİ (4-7 YAŞ)

YÜZME - ANIL-EREN-MERVE/H

12:00 ÇOCUK AKADEMİSİ (8-13 YAŞ)

GİMNASTİK - ÜMRAN-CEM/S2

12:00 PILATES ALLEGRO - SEVDE/S3

12:15 JUMPING CARDIO - SİBEL/S1

13:15 STRETCHING - SİBEL/S1

13:15 CORE STATION - TAHA /S2

13:15 KIDS CLIMB - ÜMRAN,BUĞRAHAN/T

16:15 CYCLING -SİBEL/S1

18:15 AQUA FIT - EREN/H

