



09:15 MAT PILATES - İPEK/S1

10:15 TOTAL BODY - KEMAL/S1

10:15 AQUA FIT - KAAAN/ H

11:15 PILATES ALLEGRO - İPEK/S3

11:15 CYCLING - SEVİLAY/S1

11:30 TRX - SERCAN/ S2

12:15 HIPS&ABS - ÖMER/S1

18:00 JUMPING CARDIO - SİBEL/S1

18:00 MAT PILATES - SEVDE/S2

18:30 PILATES ALLEGRO-SEVİLAY/S3

18:45 CROSS TRAINING- HÜLYA/FT

19:00 YOGA - SELİM/ S2

19:30 STEP AEROBIC - SEVİLAY/S1

20:15 CYCLING - ALEKSANDR/S1

20:15 MAT PILATES - SELCAN/S2

20:15 KINESIS - UĞUR/S3





09:15 MAT PILATES - SEVİLAY/S1

10:15 CYCLING - ALEKSANDR/S1

10:15 YOGA - HÜLYA/S1

10:15 PILATES ALLEGRO- EBRU/S3

11:15 TABATA - UĞUR/S1

11:15 HIPS&ABS - SEVİLAY/S2

11:15 KINESIS - SERCAN/S3

12:00 PILATES ALLEGRO - İPEK/S3

12:15 STRETCHING - SEVİLAY/S2

18:00 HIPS&ABS - SELCAN/S1

18:00 PILATES ALLEGRO - ÜMRAN/S3

18:45 CYCLING - İPEK/S1

18:45 KIDS CİMNASTİK - AYÇA/S2

18:45 KIDS SWIM - KAAAN/H

19:30 TABATA - KEMAL/S1

19:30 MAT PILATES - CANER/S2

19:30 KIDS CLIMB - ÜMRAN,AYÇA/TD

20:15 HAREKETLİ MEDİTASYON - DİCLE/S2

20:15 ZUMBA - BERİL/S1

21:00 KINESIS - BUĞRAHAN/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 STRETCHING - İPEK/S2

11:15 JUMPING CARDIO - SİBEL/S1

11:15 PILATES ALLEGRO - ÜMRAN/S3

12:30 MAT PILATES - İPEK/S1

18:00 CYCLING - VOLKAN/S1

18:00 PILATES ALLEGRO - ÜMRAN/S3

18:45 KANGOO JUMPS - TOLGA / S1

18:45 MAT PILATES- SEVDE/S2

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

20:30 KINESIS - SERCAN/S3

21:00 STRETCHING - ALEKSANDR/S1



09:15 CYCLING - SİBEL/S1

10:15 YOGA - SELİM/S2

10:15 MAT PILATES - SEVİLAY/S1

11:15 TABATA - SERCAN/S1

11:30 TRX - BUĞRAHAN/S2

12:15 STEP AEROBIC - ALEKSANDR/S1

13:15 STRETCHING - SİBEL/S2

12:15 PILATES ALLEGRO - ÜMRAN/S3

18:00 PILATES ALLEGRO - HÜLYA/S3

18:00 KIDS CLIMB-ÜMRAN,SELCAN/TD

18:45 TOTAL BODY - SELCAN/S1

18:45 CORE STATION - BUĞRAHAN/S2

18:45 KIDS SWIM - CEM/H

19:30 CYCLING - SEVİLAY/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 - ÜMRAN/S3



BASE
LIFECLUB

CUMA



09:15 TOTAL BODY - SERCAN/S1

10:15 MAT PILATES - HÜLYA/S1

10:15 AQUA FIT - BÜŞRA/H

11:15 PILATES ALLEGRO - EBRU/S3

11:15 CYCLING - SEVİLAY /S1

11:15 HAREKETLİ MEDİTASYON - DİCLE/S2

12:15 HIIT - SELCAN/S1

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 - BERİL/S1

20:15 KIDS SWIM - MERVE/H

20:15 TABATA - UĞUR/S1

20:15 MAT PILATES - SEVDE/S2





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 - AYÇA, MERVE/S2

11:00 ÇOCUK AKADEMİSİ (8-13 YAŞ)

FUTSAL - CEM/ BASKETBOL SAHASI

11:15 MAT PILATES - ÜMRAN/S1

12:00 ÇOCUK AKADEMİSİ (4-7 YAŞ)

EĞİTSEL OYUN - AYÇA, MERVE/S2

12:00 ÇOCUK AKADEMİSİ (8-13 YAŞ)

YÜZME - AYŞE, BÜŞRA/H

12:00 KANGOO JUMPS - TOLGA/S1

13:15 TRX- ÖMER/S2

14:30 ZUMBA - BERİL/S1

16:15 MAT PILATES - SEVDE/S1





10:15 MAT PILATES - SEVİLAY/S1

11:00 **ÇOCUK AKADEMİSİ (4-7 YAŞ)**

GİMNASTİK - ÜMRAN-SİBEL/S2

11:00 **ÇOCUK AKADEMİSİ (8-13 YAŞ)**

KIDS FITNESS- SEVİLAY, MERVE/ S1

11:15 HIIT - BUĞRAHAN/S1

12:00 **ÇOCUK AKADEMİSİ (4-7 YAŞ)**

YÜZME - KAAAN, CEM/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, BUĞRA/TD

15:15 MAT PILATES- İPEK/S1

16:15 CYCLING - İPEK/S1

