













































ZONE ATAŞEHİR DERS PROGRAMI

0216 574 05 05

Pazartesi/Monday		Salı/Tuesday		Çarşamba/Wednesday		Perşembe/Thursday		Cuma/Friday		Cumartesi/Saturday		Pazar/Sunday	
07:30	 REEBOK METCON			07:30	 HYPERTROPHY			07:30	 REEBOK METCON				
		08:30	 FUNDAMENTALS			08:30	 FUNDAMENTALS			11:00	 MAT PILATES		
		11:00	 MAT PILATES			11:00	 MAT PILATES						
										11:00	 MAT PILATES		
										12:00	 YOGA		
										13:30	 ZUMBA		
										16:00	 REEBOK METCON	16:00	 HYPERTROPHY
										17:00	 AIKIDO KIDS*	17:00	 AIKIDO KIDS*
18:00	 AQUA GYM			18:00	 AQUA GYM								
18:15	 HYPERTROPHY	18:15	 REEBOK METCON	18:15	 HYPERTROPHY	18:15	 FUNDAMENTALS	18:15	 HYPERTROPHY				
19:00	 MAT PILATES	19:00	 YOGA	19:00	 MAT PILATES	19:00	 YOGA	19:00	 MAT PILATES				
19:15	 REEBOK METCON	19:15	 HYPERTROPHY	19:15	 REEBOK METCON	19:15	 HYPERTROPHY	19:15	 REEBOK METCON				
19:15	 SPINNING			19:15	 SPINNING			19:15	 SPINNING				
20:00	 ZUMBA	20:00	 ZUMBA	20:00	 ZUMBA	20:00	 ZUMBA						
20:15	 FUNDAMENTALS	20:15	 FUNDAMENTALS	20:15	 FUNDAMENTALS	20:15	 REEBOK METCON	20:15	 FUNDAMENTALS				

* Ücretli Derstir.