





































# ZONE GÖKTÜRK DERS PROGRAMI

0212 777 66 00

Pazartesi/Monday		Salı/Tuesday		Çarşamba/Wednesday		Perşembe/Thursday		Cuma/Friday		Cumartesi/Saturday		Pazar/Sunday	
09:00	 MAT PILATES	09:00	 CRUNCH	09:00	 MAT PILATES	09:00	 CRUNCH	09:00	 MAT PILATES	11:00	 MAT PILATES		
10:00	 REEBOK METCON	11:00	 YOGA	10:00	 REEBOK METCON	11:00	 YOGA	10:00	 REEBOK METCON	11:00	 AQUA GYM		
				11:00	 FUNDAMENTALS			11:00	 FUNDAMENTALS				
18:00	 REEBOK METCON	18:00	 FUNDAMENTALS	18:00	 REEBOK METCON	18:00	 FUNDAMENTALS	18:00	 REEBOK METCON				
19:00	 MAT PILATES	19:00	 REEBOK METCON	19:00	 REEBOK METCON	19:00	 REEBOK METCON	19:00	 MAT PILATES	19:00	 REEBOK METCON	19:00	 HYPERTROPHY
19:00	 REEBOK METCON	20:00	 YOGA	19:00	 MAT PILATES	20:00	 FUNDAMENTALS	19:00	 REEBOK METCON				
20:00	 ZUMBA	20:00	 FUNDAMENTALS	20:00	 HYPERTROPHY	20:00	 SPINNING	20:00	 HYPERTROPHY				
20:00	 HYPERTROPHY			20:00	 ZUMBA			20:00	 ZUMBA				