

PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA	CUMARTESİ	PAZAR
07:30 REEBOK METCON		07:30 HYPERTROPHY		07:30 REEBOK METCON		
	09:00 REEBOK METCON		09:00 HYPERTROPHY		09:30 AIKIDO KIDS	09:30 AIKIDO KIDS
					10:30 AIKIDO KIDS	10:30 AIKIDO KIDS
18:00 YOGA	18:30 HYPERTROPHY	17:00 AIKIDO	18:00 YOGA	16:30 AIKIDO	11:30 AIKIDO KIDS	11:30 AIKIDO KIDS
18:30 REEBOK METCON	19:00 CYCLE	18:00 YOGA	18:30 HYPERTROPHY	17:30 AIKIDO		
19:00 MAT PILATES	19:00 MAT PILATES	18:30 REEBOK METCON	19:00 MAT PILATES	18:30 REEBOK METCON	17:00 REEBOK METCON	17:00 FUNDAMENTALS
19:00 KICK BOX	19:45 FUNDAMENTALS	19:00 AIKIDO	19:00 CYCLE	19:00 AIKIDO		
19:45 FUNDAMENTALS		19:00 KICK BOX	19:45 FUNDAMENTALS	19:45 FUNDAMENTALS		
20:00 ZUMBA		19:45 FUNDAMENTALS	20:00 ZUMBA			