

HAFTALIK GRUP DERS PROGRAMI

	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA	CUMARTESİ
DERS SAATİ						
11:00					PİLATES	
13:00		PİLATES				
13:30	ZUMBA		ZUMBA	BOSU		
14:00					STEP AEROBİK	
15:00			STEP AEROBİK			
16:00						BOSU
18:00		ZUMBA				PİLATES
19:00	ZUMBA	PİLATES		BOSU	ZUMBA	
19:30			ZUMBA			
20:00		STEP AEROBİK				