#SCHEDULE

SHAPE
ATAŞEHİR

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00							
10:00	●● GLUTE CORE DİLAY / LONDON	●● TOTAL BODY DOĞUKAN / LONDON	●●● PILATES ERÇİN K. / LONDON	●● GLUTE&CORE UMUT / LONDON	● PILATES MUHAMMED / LONDON	● HATHA YOGA EMRE S. / SYDNEY	●● GLUTE&CORE DİLAY / LONDON
11:00	●● SHAPE ARENA GAYE / LONDON	●● PILATES SAMED / LONDON	●●● POWER HIIT SENA / LONDON	●● PILATES FLOW GÖZDE / LONDON	●● POWER BURN AYDIN / LONDON	●●● POWER FIT MIX ZÜMRÜT / LONDON	●● PILATES MUHAMMED / LONDON
12:00	● POSTURE DENİZ / LONDON	●● STRONG NATION İLKER / LONDON	●●● JUMPING FITNESS SABORA / LONDON	●● STRONG NATION İLKER / LONDON	●●● JUMPING FITNESS SABORA / LONDON ●/●● CYCLE SENA / CYCLE	●/●● CYCLE DOĞUKAN / CYCLE ●● PILATES DUYGU / SYDNEY	●●● SHAPE FIT DENİZ / MONTREAL
13:00	●● POWER PILATES GÖZDE / LONDON	● HATHA YOGA EMRE S. / SYDNEY	●● SHAPE&LIFT SEMRA / LONDON ●● VINYASA YOGA DUYGU / SYDNEY	● HATHA YOGA EMRE S. / SYDNEY	●● VINYASA YOGA DUYGU / SYDNEY	●●● JUMPING FITNESS SABORA / LONDON	●● CYCLE SAMED / CYCLE
13:30						●● VINYASA YOGA DUYGU / SYDNEY	
14:00		●● BODY SCULPT GÖZDE / LONDON	●/●● AQUA FIT OĞUZHAN / HAVUZ ●●/●●● TOTAL BODY SAMED / LONDON	●● HATHA YOGA EMRE S. / SYDNEY	●● TOTAL BODY DOĞUKAN / LONDON	● CORE CHALLANGE DOĞUKAN / LONDON	● AQUA GYM OĞUZHAN / HAVUZ ● FIGHT CLUB UMUTCAN / FIGHT CLUB
15:00			●● MOBILITY GÖZDE / LONDON		●● MOBILITY GÖZDE / LONDON	●● ZUMBA TOKTAM / LONDON	●● PILATES NESLİHAN / LONDON
16:00						●● PILATES NESLİHAN / LONDON	● POSTURE & STRECHING UMUT / LONDON
17:00	●●/●●● BODY SCULPT GÖZDE / LONDON		● CRUNCH&BURN NESLİHAN / LONDON			●● SCULPT&TONE DİLAY / LONDON	
17:30							
18:00	● HATHA YOGA ZEYNEP / SYDNEY ●/●● PILATES ŞEYMA / LONDON	●●/●●● SHAPE FIT YAĞIZ / MONTREAL ●● PILATES SEMRA / LONDON	●●● JUMPING FITNESS SABORA / LONDON ●●● SHAPE FIT DENİZ / MONTREAL	●●● SHAPE FIT DENİZ / MONTREAL ●● CORE DİLAY / LONDON	● CORE CHALLENGE UMUT / LONDON		
18:30	●●● CYCLE SENA / CYCLE		●●● CYCLE SENA / CYCLE		●●● MEGA FIT METHOD ZÜMRÜT / LONDON		
19:00	●●/●●● SHAPE FIT YAĞIZ / MONTREAL ●● ZUMBA TOKTAM / LONDON ●● BOSU BALL AYDIN / SYDNEY	●●● ZUMBA DİDEM / LONDON ● FIGHT CLUB EMRE T. / FIGHT CLUB ●●● PILATES ERÇİN K. / SYDNEY	● STRECHING GÖZDE / SYDNEY ●● POWER PILATES NESLİHAN / LONDON	●● TOTAL BODY DOĞUKAN / SYDNEY ●●● ZUMBA DİDEM / LONDON ●●/●●● CYCLE AYDIN/ CYCLE	●/●● SHAPE FIT UMUT / MONTREAL ●/●● STRECHING SEMRA / SYDNEY		
20:00	●●● POWER FIT MIX ZÜMRÜT / LONDON	●● HATHA YOGA ZEYNEP / SYDNEY	●●● POWER FIT MIX ZÜMRÜT / LONDON	●● HATHA YOGA ZEYNEP / SYDNEY			
20:30		SHAPER'S RUN HAZAL / C.BOSTAN					

LEVEL 1 ● / LEVEL 2 ●● / LEVEL 3 ●●●

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