SHAPE

KALAMIŞ DERS PROGRAMI

	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA	CUMARTESİ	PAZAR
10:00	**FULL BODY** ASIM (LEVEL:1)	**TRX** MUHAMMED (LEVEL:2)	**TOTAL BODY** ASIM (LEVEL:1)	**PILATES** GÜLSÜM (LEVEL:2)	**POSTUR STRETCHING** MELİH (LEVEL:1)		
10:45					**ADVANCED ZUMBA** ÖMÜR (LEVEL:3)		
11:00	**STRONG NATION** İLKER (LEVEL:3)	**SHAPE DANCE** GÜLÇİN	**STRETCHING** GÜLSÜM (LEVEL:2)	**POWER FIT MIX** ZÜMRÜT (LEVEL:3)		**FAST BURN** MELİH	**AQUA GYM** SELİN (LEVEL:2)
12:00	**AQUA GYM** SELİN (LEVEL:1)		**AQUA GYM** SELİN (LEVEL:1)		**AQUA GYM** SELİN (LEVEL:2)	**HATHA YOGA** EMRE (LEVEL:3)	
12:15	**HATHA YOGA** EMRE (LEVEL:2)		**HATHA YOGA** EMRE (LEVEL:2)				
12:30							
13:00		**PILATES** GÜLSÜM (LEVEL:1)				**ZUMBA** TOKTAM (LEVEL:2)	
16:00							**HIP&ABS** ASIM (LEVEL:2)
17:00							
18:00	**PILATES** MUHAMMED (LEVEL:1)		**TRX** MELİH (LEVEL:3)	**TOTAL BODY** ASIM (LEVEL:2)	**PILATES** MUHAMMED (LEVEL:1)		
19:00	**FAST BURN** MELİH (LEVEL:3)	**H.I.I.T** ASIM (LEVEL:2)	**ZUMBA** TOKTAM (LEVEL:2)	**SHAPE DANCE** GÜLÇİN			
20:00		**ZUMBA** TOKTAM (LEVEL:2)	**PILATES** MUHAMMED (LEVEL:2)				
20:15	**ADVANCED ZUMBA** ÖMÜR (LEVEL:3)						

SHAPE UP + LEVEL UP

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