

Pazartesi

08:20 KALÇA-BACAK 40'

12:00

YOGASTRETCH 60'

19:00 PİLATES
AHSEN 50'

Salı

08:20 MORNINGYOGA&NEFES 40'

19:30 VİNYASA 90'
(20' ANATOMİ-70' YOGA)

Çarşamba

08:20 KOL-GÖĞÜS 40'

12:00 12:00

HATHAYOGA 60' TABATA 60'

Cuma

08:20 KARIN-SIRT 40'

12:00

YOGAFLOW 60'

4 HAFTALIK
ZOOM
PROGRAMI
ŞUBAT

Perşembe

12:30 HIIT
KARIN
AHSEN 30'

Cumartesi

09:00 SANDALYE
YOGA 60'

13:00
WORKSHOP DAY