

ZÜBEYDE ANA S.Y.M	WEB	YEDEK										
KADIN	12	12	FİTNESS									
PAZARTESİ & ÇARŞAMBA			09:30 11:00	11:00 12:30	serbest	13:30 15:00	15:00 16:30	serbest	18:00 19:30	19:30 21:00		
SALI & PERŞEMBE			09:30 11:00	11:00 12:30	serbest	13:30 15:00	15:00 16:30	serbest	18:00 19:30	19:30 21:00		
KADIN	15	15	PİLATES									
PAZARTESİ & ÇARŞAMBA			09:30 10:30	10:30 11:30	11:30 12:30	12:30 13:30	serbest	serbest	serbest	18:00 19:00	19:00 20:00	20:00 21:00
SALI & PERŞEMBE			09:30 10:30	10:30 11:30	11:30 12:30	12:30 13:30	serbest	serbest	serbest	18:00 19:00	19:00 20:00	20:00 21:00
ZÜBEYDE ANA S.Y.M												
ERKEK	12	12	FİTNESS									
PAZARTESİ & ÇARŞAMBA			09:30 11:00	11:00 12:30	12:30 14:00	serbest	Özel grup	16:30 18:00	18:00 19:30	19:30 21:00		
SALI & PERŞEMBE			09:30 11:00	11:00 12:30	12:30 14:00	serbest	Özel grup	16:30 18:00	18:00 19:30	19:30 21:00		
CUMARTESİ & PAZAR			09:30 11:00	11:00 12:30	serbest	13:30 15:00	15:00 16:30	16:30 18:00	18:00 19:30	19:30 21:00		