



2025

# GRUP DERS

	pazartesi	salı	çarşamba	perşembe	cuma	cumartesi	pazar
09:00							
10:00	hiit (gül)	hiit (önder)	hiit (gül)		burn (fatih)		
11:00	mat pilates (idil)	ashtanga yoga (nergiz)	zumba (mirela)	hiit pilates (emine)		vinyasa yoga (nergiz)	
12:00				dans mix (cihat can)		mat pilates (fatih)	pilates (lokman)
13:00							stretching (lokman)
18:00	hiit pilates (emine)		tabata (lokman)				
18:30							
19:00	burn (fatih)	cycle (orhan)		cycle (orhan)	crunch & stretching (önder)		
20:00				stretching (lokman)			

Fenerbahçe Mah. Atlıhan Sok. No:3 Kadıköy/İstanbul  
+90(216) 348 5841

dalyanclub.com  
 dalyanclub1982