

Monday

SPORTS & MEDITATION

ROUTINE

ETHNO
BELEK

08:30 | 09:30
YOGA | **FITNESS CENTER**

10:15 | 10:45
STRETCHING | **FITNESS CENTER**

11:00 | 12:00
HIT CARDIO | **FITNESS CENTER**

14:30 | 15:15
CROSSFIT | **FITNESS CENTER**

15:30 | 16:30
FAT BURN WORKOUT | **FITNESS CENTER**

17:00 | 17:30
HIIT PILATES | **FITNESS CENTER**

ETHNO
BELEK

Tuesday

SPORTS & MEDITATION

ROUTINE



08:30 | 09:30
YOGA | **FITNESS CENTER**

10:15 | 10:45
PILATES | **FITNESS CENTER**

11:00 | 12:00
CORE TRAINING | **FITNESS CENTER**

14:30 | 15:15
FULL BODY WORKOUT | **FITNESS CENTER**

15:30 | 16:30
TABATA HIT | **FITNESS CENTER**

17:00 | 17:30
ZUMBA | **FITNESS CENTER**



Wednesday

SPORTS & MEDITATION

ROUTINE



08:30 | 09:30
YOGA | **FITNESS CENTER**

10:15 | 10:45
STRETCHING | **FITNESS CENTER**

11:00 | 12:00
CRUNCH | **FITNESS CENTER**

14:30 | 15:15
CROSSFIT | **FITNESS CENTER**

15:30 | 16:30
CIRCLE FIT | **FITNESS CENTER**

17:00 | 17:30
YOGALATES | **FITNESS CENTER**



Thursday

SPORTS & MEDITATION

ROUTINE



08:30 | 09:30
YOGA | **FITNESS CENTER**

10:15 | 10:45
STRETCHING | **FITNESS CENTER**

11:00 | 12:00
CROSSFIT | **FITNESS CENTER**

14:30 | 15:15
HIT CARDIO | **FITNESS CENTER**

15:30 | 16:30
CIRCLE HIT | **FITNESS CENTER**

17:00 | 17:30
ZUMBA | **FITNESS CENTER**



Friday

SPORTS & MEDITATION

ROUTINE



08:30 | 09:30
YOGA | **FITNESS CENTER**

10:15 | 10:45
PILATES | **FITNESS CENTER**

11:00 | 12:00
CORE TRAINING | **FITNESS CENTER**

14:30 | 15:15
FULL BODY WORKOUT | **FITNESS CENTER**

15:30 | 16:30
FAT BURN WORKOUT | **FITNESS CENTER**

17:00 | 17:30
HIIT PILATES | **FITNESS CENTER**



Saturday

SPORTS & MEDITATION

ROUTINE



08:30 | 09:30
YOGA | **FITNESS CENTER**

10:15 | 10:45
STRECHING | **FITNESS CENTER**

11:00 | 12:00
CRUNCH | **FITNESS CENTER**

14:30 | 15:15
FUNCTIONAL TRAINING | **FITNESS CENTER**

15:30 | 16:30
TABATA HIT | **FITNESS CENTER**

17:00 | 17:30
YOGALATES | **FITNESS CENTER**



Sunday

SPORTS & MEDITATION

ROUTINE



08:30 | 09:30
YOGA | **FITNESS CENTER**

10:15 | 10:45
PILATES | **FITNESS CENTER**

11:00 | 12:00
TOTAL BODY WORKOUT | **FITNESS CENTER**

14:30 | 15:15
HIT CARDIO | **FITNESS CENTER**

15:30 | 16:30
CIRCLE FIT | **FITNESS CENTER**

17:00 | 17:30
ZUMBA | **FITNESS CENTER**



PILATES REFORMER

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Pilates Reformer seansları randevu dahilindedir ve saati 60 €'dur. Rezervasyon yaptırmak için Fitness Merkezimizle iletişime geçebilirsiniz.

Pilates Reformer sessions are available by appointment and cost €60 per hour. You can contact our Fitness Centre to make a booking.

Pilates-Reformer-Trainings sind nach Vereinbarung möglich und kosten 60 € pro Stunde. Um einen Termin zu vereinbaren, wenden Sie sich bitte an unser Fitnesscenter.

Занятия пилатесом проводятся по предварительной записи и стоят 60 евро за час. Чтобы записаться, пожалуйста, свяжитесь с нашим фитнес-центром.

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