


HAFTALIK ANTRENMAN PROGRAMI

BU PROGRAM 18 EKİM 2015 PAZAR GÜNÜ İTİBARIYLA GEÇERLİDİR.

	KARATE				KARATE					CİMNASTİK					AIKIDO	PİLATES	KICK BOKS GECE	KICK BOKS GÜNDÜZ	YÜZME YETİŞKİN	TAEKWON DO	TAEKWON DO		
	BEYAZ KUŞAKLAR	SARI-TURUNCU	YEŞİL VE ÜZERİ	OKUL-BEYAZLAR	MÜSABIK -1 KUMİTE	MÜSABIK -2 KUMİTE	MÜSABIK -3 KUMİTE	MÜSABIK GENÇLER KUMİTE	BÜYÜK ERKEK	KATA	Yeni Başlayan 3-5 YAŞ	Yeni Başlayan 6-8 YAŞ	Orta Seviye	Orta Seviye								OKUL	İleri Seviye
PAZARTESİ	/	/	/	/	/	/	/	/	17:30 19:30	/	/	/	/	/	/	/	17:30 18:45	19:30 20:45	14:00 15:30	/	/	/	
SALI	/	/	/	/	/	/	/	19:00 20:30	/	/	/	/	/	/	/	19:30 21:00	17:30 18:45	/	/	/	/	18:00 19:15	
ÇARŞAMBA	17:30 18:30	18:30 19:30	19:30 20:30	/	/	/	/	/	17:30 19:30	/	/	/	/	/	/	/	/	19:30 20:45	/	/	/	/	
PERŞEMBE	/	/	/	/	17:45 18:45	18:45 19:45	19:45 20:45	/	/	16:30-17:30 17:30-18:30	18:30 19:30	/	/	18:30 19:30	19:30 21:00	/	/	/	/	/	/	/	
CUMA	/	/	/	/	/	/	/	19:00 20:30	17:30 19:30	/	/	/	/	/	/	/	17:30 18:45	19:30 20:45	14:00 15:30	/	/	/	
CUMARTESİ	10:15 11:30	11:30 12:45	12:45 14:00	14:00 15:15	15:15 16:30	16:30 17:45	17:45 19:00	19:00 20:15	/	16:30 17:30	10:00 11:00	11:00 12:00	12:00 13:00	13:00 14:00	14:00 15:00	15:00 16:00	/	/	/	/	16:00 17:00	17:30 18:45	18:45 20:00
PAZAR	10:15 11:30	11:30 12:45	12:45 14:00	14:00 15:15	15:15 16:30	16:30 17:45	17:45 19:00	19:00 20:15	/	16:30 17:30	10:00 11:00	11:00 12:00	12:00 13:00	13:00 14:00	14:00 15:00	15:00 16:00	/	/	/	/	16:00 17:00	17:30 18:45	18:45 20:00