








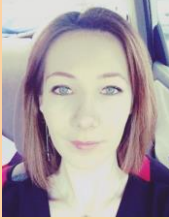

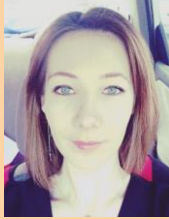


2016 BAHAR DÖNEMİ AEROBİK SEANS HAFTALIK PROGRAMI

	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA
12.10-13.00	 YOGA	 PİLATES Seval	 PİLATES Nazlıcan		
16.10-17.00	 CORE ANTRENMAN Safa	 STEP Safa	 PİLATES İrem	 STRETCHING Göksun	 AEROBİK Mustafa
17.10-18.00	 ZUMBA Seda	 YOGA Göksun	 ZUMBA Seda	 PİLATES Göksun	

Dersler hakkındaki yorumlarınızı zdursun@hacettepe.edu.tr adresine gönderiniz