WELLNESS
ACTIVITY CALENDAR / AKTİVİTE TAKVİMİ

İÇİNDEKİ GÜCÜ KEŞFET!
EXPLORE THE POWER INSIDE!

Pazartesi / Monday		Salı / Tuesday	
10 - 10.40 am	6 - 6.40 pm	11 - 11.40 am	7 - 7.40 pm
Core Killer	Spinning	Pilates	Booty & Abs
Turkuaz Studio	Aqua Yoga Studio	Turkuaz Studio	Aqua Yoga Studio

Çarşamba / Wednesday		Perşembe / Thursday
11 - 11.40 am	6 - 6.40 pm	11 - 11.40 am
Body Weight Training	Box	Abs & Butts
Aqua Studio	Aqua Yoga Studio	Safir Studio / Safir Pilates Studio

Cuma / Friday	Cumartesi / Saturday
2 - 2.40 pm	11- 11.40 am
Abs	Flexibility & Streching
Mavi Private Studio / Turkuaz Studio	Mavi Private Studio / Aqua Yoga Studio

Pazar / Sunday
11 - 11.40 am
Pilates
Mavi Private Studio / Turkuaz Studio

The Spa at Mandarin Oriental Bosphorus, Istanbul

Ayrıntılı bilgi için / For more information:
0 212 349 88 08