

# FITTER, HEALTHIER, HAPPIER

*Daha Formda, Daha Sağlıklı, Daha Mutlu*

October 2023 Fitness Program / Ekim 2023 Fitness Programı

1 October / Ekim Sunday / Pazar	2 October / Ekim Monday / Pazartesi	3 October / Ekim Tuesday / Salı	4 October / Ekim Wednesday / Çrşb	5 October / Ekim Thursday / Perşembe	6 October / Ekim Friday / Cuma	7 October / Ekim Saturday / Cumartesi	8 October / Ekim Sunday / Pazar
13:30 - 14:00 <b>METCON</b>	13:30 - 14:00 <b>PILATES MATWORK</b>	13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>	13:30 - 14:00 <b>PILATES SCULPT</b>	13:30 - 14:00 <b>CRUNCH &amp; BURN</b>	13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>	13:30 - 14:00 <b>PILATES CIRCLE</b>	13:30 - 14:00 <b>METCON</b>
9 October / Ekim Monday / Pazartesi	10 October / Ekim Tuesday / Salı	11 October / Ekim Wednesday / Çrşb	12 October / Ekim Thursday / Perşembe	13 October / Ekim Friday / Cuma	14 October / Ekim Saturday / Cumartesi	15 October / Ekim Sunday / Pazar	
13:30 - 14:00 <b>PILATES MATWORK</b>	13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>	13:30 - 14:00 <b>PILATES SCULPT</b>	13:30 - 14:00 <b>CRUNCH &amp; BURN</b>	13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>	13:30 - 14:00 <b>PILATES CIRCLE</b>	13:30 - 14:00 <b>METCON</b>	

The SPA at Mandarin Oriental, Bodrum

For more Information / *Ayrıntılı Bilgi için* : 0252 351 1888

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October 2023 Fitness Program / Ekim 2023 Fitness Programı

16 October / Ekim Monday / Pazartesi	17 October / Ekim Tuesday / Salı	18 October / Ekim Wednesday / Çrşb	19 October / Ekim Thursday / Perşembe	20 October / Ekim Friday / Cuma	21 October / Ekim Saturday / Cumartesi	22 October / Ekim Sunday / Pazar	23 October / Ekim Monday / Pazartesi
13:30 - 14:00 <b>PILATES MATWORK</b>	13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>	13:30 - 14:00 <b>PILATES SCULPT</b>	13:30 - 14:00 <b>CRUNCH &amp; BURN</b>	13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>	13:30 - 14:00 <b>PILATES CIRCLE</b>	13:30 - 14:00 <b>METCON</b>	13:30 - 14:00 <b>PILATES MATWORK</b>
24 October / Ekim Tuesday / Salı	25 October / Ekim Wednesday / Çrşb	26 October / Ekim Thursday / Perşembe	27 October / Ekim Friday / Cuma	28 October / Ekim Saturday / Cumartesi	29 October / Ekim Sunday / Pazar	30 October / Ekim Monday / Pazartesi	31 October / Ekim Tuesday / Salı
13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>	13:30 - 14:00 <b>PILATES SCULPT</b>	13:30 - 14:00 <b>CRUNCH &amp; BURN</b>	13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>	13:30 - 14:00 <b>PILATES CIRCLE</b>	13:30 - 14:00 <b>METCON</b>	13:30 - 14:00 <b>PILATES MATWORK</b>	13:30 - 14:00 <b>FLEXIBILITY &amp; MOBILITY</b>

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