

FITTER, HEALTHIER, HAPPIER

Daha Formda, Daha Sağlıklı, Daha Mutlu



August 2024 Fitness Program / Ağustos 2024 Fitness Programı

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|--|--|--|--|---|---|--|--|
| 1 Ağustos / 1 August Perşembe / Thursday | 2 Ağustos / 2 August Cuma / Friday | 3 Ağustos / 3 August Cumartesi / Saturday | 4 Ağustos / 4 August Pazar / Sunday | 5 Ağustos / 5 August Pazartesi / Monday | 6 Ağustos / 6 August Salı / Tuesday | 7 Ağustos / 7 August Çarşamba / Wednesday | 8 Ağustos / 8 August Perşembe / Thursday |
| 13:30 - 14:00 RESTORATIVE YOGA | 13:30 - 14:00 CORE EXPRESS | 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 SPIRIT OF BREATH | 13:30 - 14:00 AFTER BURN | 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 PILATES ALIGN | 13:30 - 14:00 LIFT | 13:30 - 14:00 LEGS & BUMS & TUMS | 13:30 - 14:00 YOGA WITH LA PRAIRIE |
| 9 Ağustos / 9 August Cuma / Friday | 10 Ağustos / 10 August Cumartesi / Saturday | 11 Ağustos / 11 August Pazar / Sunday | 12 Ağustos / 12 August Pazartesi / Monday | 13 Ağustos / 13 August Salı / Tuesday | 14 Ağustos / 14 August Çarşamba / Wednesday | 15 Ağustos / 15 August Perşembe / Thursday | 16 Ağustos / 16 August Cuma / Friday |
| 13:30 - 14:00 ABS BLAST FINISHER | 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 RESTORATIVE YOGA | 13:30 - 14:00 HIGHTENSE MOVEMENT | 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 PILATES ATHLETIC | 13:00 - 14:00 SCULPT & TONE | 13:30 - 14:00 BOOTY BURN | 13:30 - 14:00 YOGA WITH LA PRAIRIE | 13:30 - 14:00 CORE EXPRESS |
| 17 Ağustos / 17 August Cumartesi / Saturday | 18 Ağustos / 18 August Pazar / Sunday | 19 Ağustos / 19 August Pazartesi / Monday | 20 Ağustos / 20 August Salı / Tuesday | 21 Ağustos / 21 August Çarşamba / Wednesday | 22 Ağustos / 22 August Perşembe / Thursday | 23 Ağustos / 23 August Cuma / Friday | 24 Ağustos / 24 August Cumartesi / Saturday |
| 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 POWER YOGA | 13:30 - 14:00 AFTER BURN | 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 PILATES FOUNDATION | 13:30 - 14:00 ReSHAPE | 13:30 - 14:00 LEGS & BUMS & TUMS | 13:30 - 14:00 CHAKRA YOGA FLOW | 13:30 - 14:00 ABS BLAST FINISHER | 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 ROOT CHAKRA ACTIVATION |
| 25 Ağustos / 25 August Pazar / Sunday | 26 Ağustos / 26 August Pazartesi / Monday | 27 Ağustos / 27 August Salı / Tuesday | 28 Ağustos / 28 August Çarşamba / Wednesday | 29 Ağustos / 29 August Perşembe / Thursday | 30 Ağustos / 30 August Cuma / Friday | 31 Ağustos / 31 August Cumartesi / Saturday | |
| 13:30 - 14:00 HIGHTENSE MOVEMENT | 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 PILATES ALIGN | 10:00 - 10:40 LIFT | 13:30 - 14:00 BOOTY BURN | 10:00 - 10:40 FIRE YOGA | 13:30 - 14:00 CORE EXPRESS | 10:00 - 10:40 (€45 + service charge) AERIAL STRENGTH YOGA 13:30 - 14:00 SPIRIT OF BREATH | |

* Additional fees apply.

The SPA at Mandarin Oriental, Bodrum
For more Information / Ayrıntılı Bilgi için : 0 252 311 18 88