

THE SPA

Activity Calendar / Aktivite Takvimi

2 Mayıs / May	3 Mayıs / May	4 Mayıs / May	5 Mayıs / May
Pazartesi / Monday	Salı / Tuesday	Çarşamba / Wednesday	Perşembe / Thursday
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50
<i>Iron Power Moist / Spinning</i>	<i>Iron Power Moist / Hatha Yoga</i>	<i>Spinning / Hatha Yoga</i>	<i>Kick Box / Iron Power Moist</i>
Aqua Yoga Studio / Turkuaz Studio	Aqua Yoga Studio / Turkuaz Studio	Aqua Studio / Turkuaz Studio	Safir Studio / Safir Pilates Studio
6 Mayıs / May	7 Mayıs / May	8 Mayıs / May	9 Mayıs / May
Cuma / Friday	Cumartesi / Saturday	Pazar / Sunday	Pazartesi / Monday
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50
<i>Yin Yoga / Spinning</i>	<i>Aqua Gym / Mat Pilates</i>	<i>Yin Yoga / Iron Power Moist</i>	<i>Yin Yoga / Spinning</i>
Aqua Yoga Studio / Mavi Private Studio	Pool / Turkuaz Studio	Aqua Yoga Studio / Mavi Private Studio	Aqua Yoga Studio / Turkuaz Studio
10 Mayıs / May	11 Mayıs / May	12 Mayıs / May	13 Mayıs / May
Salı / Tuesday	Çarşamba / Wednesday	Perşembe / Thursday	Cuma / Friday
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50
<i>Iron Power Moist / Hatha Yoga</i>	<i>Spinning / Hatha Yoga</i>	<i>Kick Box / Iron Power Moist</i>	<i>Yin Yoga / Spinning</i>
Safir Studio / Safir Pilates Studio	Aqua Studio / Turkuaz Studio	Safir Studio / Safir Pilates Studio	Aqua Yoga Studio / Mavi Private Studio
14 Mayıs / May	15 Mayıs / May	16 Mayıs / May	17 Mayıs / May
Cumartesi / Saturday	Pazar / Sunday	Pazartesi / Monday	Salı / Tuesday
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50
<i>Aqua Gym / Mat Pilates</i>	<i>Yin Yoga / Iron Power Moist</i>	<i>Yin Yoga / Spinning</i>	<i>Iron Power Moist / Yin Yoga</i>
Pool / Turkuaz Studio	Aqua Yoga Studio / Safir Studio	Aqua Yoga Studio / Turkuaz Studio	Safir Studio / Mavi Private Studio
18 Mayıs / May	19 Mayıs / May	20 Mayıs / May	21 Mayıs / May
Çarşamba / Wednesday	Perşembe / Thursday	Cuma / Friday	Cumartesi / Saturday
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50
<i>Spinning / Hatha Yoga</i>	<i>Kick Box / Iron Power Moist</i>	<i>Yin Yoga / Spinning</i>	<i>Aqua Gym / Mat Pilates</i>
Aqua Studio / Turkuaz Studio	Safir Studio / Safir Pilates Studio	Aqua Yoga Studio / Mavi Private Studio	Pool / Turkuaz Studio
22 Mayıs / May	23 Mayıs / May	24 Mayıs / May	25 Mayıs / May
Pazar / Sunday	Pazartesi / Monday	Salı / Tuesday	Çarşamba / Wednesday
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50
<i>Yin Yoga / Iron Power Moist</i>	<i>Yin Yoga / Spinning</i>	<i>Iron Power Moist / Yin Yoga</i>	<i>Spinning / Hatha Yoga</i>
Aqua Yoga Studio / Safir Pilates Studio	Aqua Yoga Studio / Turkuaz Studio	Safir Studio / Mavi Private Studio	Aqua Studio / Turkuaz Studio
26 Mayıs / May	27 Mayıs / May	28 Mayıs / May	29 Mayıs / May
Perşembe / Thursday	Cuma / Friday	Cumartesi / Saturday	Pazar / Sunday
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50
<i>Kick Box / Iron Power Moist</i>	<i>Yin Yoga / Spinning</i>	<i>Aqua Gym / Mat Pilates</i>	<i>Yin Yoga / Iron Power Moist</i>
Safir Studio / Safir Pilates Studio	Aqua Yoga Studio / Mavi Private Studio	Pool / Turkuaz Studio	Aqua Yoga Studio / Safir Pilates Studio
30 Mayıs / May	31 Mayıs / May	1 Haziran / Jun	2 Haziran / Jun
Pazartesi / Monday	Salı / Tuesday	Çarşamba / Wednesday	Perşembe / Thursday
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50
<i>Yin Yoga / Spinning</i>	<i>Iron Power Moist / Yin Yoga</i>	<i>Spinning / Hatha Yoga</i>	<i>Kick Box / Iron Power Moist</i>
Aqua Yoga Studio / Turkuaz Studio	Safir Studio / Mavi Private Studio	Aqua Studio / Turkuaz Studio	Safir Studio / Safir Pilates Studio
3 Haziran / Jun	4 Haziran / Jun	5 Haziran / Jun	
Cuma / Friday	Cumartesi / Saturday	Pazar / Sunday	
09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	09:00-09:50 / 19:00-19:50	
<i>Yin Yoga / Spinning</i>	<i>Aqua Gym / Mat Pilates</i>	<i>Yin Yoga / Iron Power Moist</i>	
Aqua Yoga Studio / Mavi Private Studio	Pool / Turkuaz Studio	Aqua Yoga Studio / Mavi Private Studio	

The Spa at Mandarin Oriental Bosphorus, Istanbul

Ayrıntılı bilgi için / For more information:

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