



Caesar Resort Fitness Center

ADULTS SCHEDULE 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:30 AM 07:30	Yoga 1		Yoga 1		Yoga 1	
07:00 AM 08:00						Yoga 3
07:30 AM 08:30	Yoga 2		Yoga 2		Yoga 2	
10:00 AM 11:30		Pilates		Pilates		
10:30 AM 11:30		TRX		TRX		TRX
07:00 PM 08:00	Aero / Step	Yoga 3	Aero / Step	Yoga 3	Aero / Step	
07:00 PM 08:00	TRX		TRX		TRX	
08:00 PM 09:00	Bachata/Salsa Dance		Bachata/Salsa Dance			

SHAPE YOUR BODY

Main building - 1st Floor
+90 548 874 76 35

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
04:15 PM 05:00	Gymnastics/Group 1	Gymnastics/Boys	Gymnastics/Group 1	Gymnastics/Boys
05:00 PM 05:45	Gymnastics/Group 2	Gymnastics/Group 3	Gymnastics/Group 2	Gymnastics/Group 3
05:45 PM 06:30		Gymnastics/Group 4		Gymnastics/Group 4
10:00 AM 11:00		Swimming/Group 1		Swimming/Group 1
11:00 AM 12:00		Swimming/Group 2		Swimming/Group 2

CHILDREN SCHEDULE