

2023 PİLATES VİZE VE GELİŞİM SEMİNERİ PROGRAMI

15 ARALIK 2023 / CUMA

12:00-14:00	KAYIT / OTELE GİRİŞ		
14:30	AÇILIŞ-SUAT ÇELEN		
	SALON 1-MAT	SALON 2-REFORMER	SALON 3-MAT
15:00-16:00	MURAT ÇATBAŞ Workshop (Whole Body Integrated)	ERDEM GÜDER Workout (Standing Reformer)	ESRA KARACA FİDANAY Workout (Cardio Pilates)
16:20-17:20	TAHA İBRAHİM ERPULAT Workout (Rhtym Mat Flow Work)	TUNA KUTLUTÜRK Workout (Get Toned Runner's)	UFUK TAŞKIN Workout (Functional Flow)
17:40-18:40	EMS Dans Time Dance Class	SELVİN GÜNAY ŞAHAN Workout (Powerfull Reformer Flow)	DOĞAN CAN AKBABA Workout (Strong Abdominal And Hips)

16 ARALIK 2023 / CUMARTESİ

	SALON 1-MAT	SALON 2-REFORMER	SALON 3-MAT
09:00-10:00	İNCİ NOYAN Workout (Creative Mat Combinations)	EDA AYDAN ÇETİN Workout (12-D Reformer)	ELİF TOKER Workout (Being Creative On Pilates)
10:30-11:30	ESRA KARACA FİDANAY Workout (Vinyasa Flow Yoga)	UFUK TAŞKIN Workout (Advanced Reformer)	ERDEM GÜDER Workout (Reformer On The Mat)
12:00-13:00	SELVİN GÜNAY ŞAHAN Workout (Barre On Mat)	MURAT ÇATBAŞ Workout (Reformer Mobil)	KADİR TUNA KUTLUTÜRK Workout (Athletic Mat)
13:00-14:00	ÖĞLE YEMEĞİ		
14:00-15:00	TAHA İBRAHİM ERPULAT Workshop (Spine In Motion)	DOĞAN CAN AKBABA Workout (Reformer Flow On The Box)	ELİF TOKER Workout (Pilates From Tip To Toe)
15:30-16:30	İNCİ NOYAN Workout (Mobility Flow)	KADİR TUNA KUTLUTÜRK Workout (Fitness Meeting Reformer)	SELVİN GÜNAY ŞAHAN Workout (Energizing Mat Flow)
17:00-18:00	EMS Dans Time Dance Class	TAHA İBRAHİM ERPULAT Workout (Performer Grup Class)	EDA AYDAN ÇETİN Workout (Refresh Yourself)

17 ARALIK 2023 / PAZAR

	SALON 1-MAT	SALON 2-REFORMER	SALON 3-MAT
09:00-10:00	ELİF TOKER Workshop (Pilates History And Philosophy)	ESRA KARACA FİDANAY Workout (Reformer For Back)	EDA AYDAN ÇETİN Workout (Stabilize Your Lumbar Spine)
10:30-11:30	MURAT ÇATBAŞ Workout (Standing Strong)	İNCİ NOYAN Workout (Athletic Reformer Flow)	ERDEM GÜDER Workout (Mindful Movement)