**100.YIL CIMNASTIK SPOR SALONU**

**HALTER BRANŞI ANTRENMAN PROGRAMI**

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| **GÜNLER** | **SAAT** | **YAŞ GRUBU** | **ANTRENMAN YERİ** |
| **PAZARTESİ** | **14.30-17.30** | **9-16** | **100.YIL CIMNASTIK SPOR SALONU** |
| **SALI** | **14.30-17.30** | **9-16** | **100.YIL CIMNASTIK SPOR SALONU** |
| **ÇARŞAMBA** | **14.30-17.30** | **9-16** | **100.YIL CIMNASTIK SPOR SALONU** |
| **PERŞEMBE** | **14.30-17.30** | **9-16** | **100.YIL CIMNASTIK SPOR SALONU** |
| **CUMA** | **14.30-17.30** | **9-16** | **100.YIL CIMNASTIK SPOR SALONJ** |
| **CUMARTESİ** |  |  |  |
| **PAZAR** |  |  |  |

**Mustafa APAK**