

EXCLUSIVE SPORTS CLUB



ENTERTAINMENT	OPENING/CLOSING	DESCRIPTION
EXCLUSIVE SPORTS CLUB	07:00 - 20:00	At ESC, we combine state-of-the-art fitness equipment with outdoor workouts featuring breathtaking views of the Golden Horn. Get ready to embrace a healthier lifestyle in the most professional and enjoyable way—because a little movement can change a lot!

ACTIVITIES

TIMING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
09:00	Stretching	Stretching	Stretching	Stretching	Stretching	Tersane Sports Weekend
11:00	HIIT	Tabata	Functional Workout	HIIT	Tabata	
11:30	Core Express	Core Express	Mad Max	Core Express	Core Express	
15:00	Padel Tennis	Group Cycle	Jumping	Padel Tennis	Group Cycle	

