

HORAIRE DES COURS COLLECTIFS

GROUP CLASS SCHEDULE

	LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
8.00 - 9.00		Spinning 45'	HIIT	Cross Training 45'	The Lagree Method 45'	8.30 Promenade matinale sur le littoral Morning Walk along the coast	
9.00 - 10.00	Vinyasa Flow Yoga 60'	The Lagree Method 45'	Vinyasa Flow Yoga 60'	Lagree Discovery 45'	Hatha Yoga 60'		
10.00 - 11.00		Core Flow 45'	10h15 The Lagree Method 45'	10h15 Spinning & Stretch	10h15 Abs and Glutes 45'		Ashtanga Yoga 60'
11.15 - 12.00			Cross Training 45'		Core Flow 45'		

SURRENNE