

# HORAIRES DES COURS COLLECTIFS

## GROUP CLASS SCHEDULE

|               | LUNDI<br>MONDAY | MARDI<br>TUESDAY            | MERCREDI<br>WEDNESDAY    | JEUDI<br>THURSDAY           | VENDREDI<br>FRIDAY          | SAMEDI<br>SATURDAY | DIMANCHE<br>SUNDAY       |
|---------------|-----------------|-----------------------------|--------------------------|-----------------------------|-----------------------------|--------------------|--------------------------|
| 08.00 - 09.00 |                 |                             |                          |                             |                             |                    |                          |
| 09.00 - 10.00 |                 | The Lagree<br>Method<br>45' | Vinyasa Flow<br>Yoga 60' | The Lagree<br>Method<br>45' | The Lagree<br>Method<br>45' |                    | Vinyasa Flow<br>Yoga 60' |
| 10.00 - 11.00 |                 |                             |                          |                             |                             |                    |                          |
| 11.15 - 12.00 |                 |                             |                          |                             |                             |                    |                          |

SURRENNE