

HORAIRES DES COURS COLLECTIFS

GROUP CLASS SCHEDULE

	LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
08.00 - 09.00		Spinning 45'	The Lagree Method 45'	Spinning 45'	The Lagree Method 45'	8.30 Promenade manitale sur le littoral	
09.00 - 10.00	Vinyasa Flow Yoga 60'	The Lagree Method 45'	Vinyasa Flow Yoga 60'	The Lagree Method 45'	Hatha Yoga 60'		Morning Walk along the coast
10.00 - 11.00		Core Flow 45'	The Lagree Method 45'	Signature Motion 45'	10h15 Abs and Glutes 45'		Ashtanga Yoga 60'
11.15 - 12.00		The Lagree Method 45'	Signature Motion 45'		The Lagree Method 45'	Core Flow 45'	

SURRENNE