

SURRENNE

COURS COLLECTIFS GROUP CLASSES

LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
	8am - 8:45am Spinning 45' - Waves Studio	8am - 8:45am The Lagree Method 45' - Waves Studio 65€	8am - 8:45am Spinning 45' - Waves Studio	8am - 8:45am The Lagree Method 45' - Waves Studio 65€	8:30am - 10am Promenade sur le littoral Morning Walk along the coast	
	9am - 9:45am The Lagree Method 45' - Waves Studio 65€	9am - 9:45am Core Flow 45' - Waves Studio	9am - 9:45am The Lagree Method 45' - Waves Studio 65€	9am - 9:45am Abs & Glutes 45' - Waves Studio		9am - 9:45am Vinyasa Flow Yoga 60' - Waves Studio
		10am - 10:45am The Lagree Method 45' - Waves Studio 65€	10am - 10:45am Signature Motion 45' - Waves Studio	10am - 10:45am Stretching 45' - Waves Studio		
					11am - 12pm The Lagree Method 45' - Waves Studio 65€	