



STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Spinning 8.00-8.45am With Coline	The Lagree Method 8.00-8.45am With Coline	Spinning 8.00-8.45am With Coline	The Lagree Method 8.00-8.45am With Coline		
Vinyasa Flow 9.00-10.00am With Liesl	The Lagree Method 09.00-09.45am With Coline	The Lagree Method 09.00-09.45am With Coline	Abs and Glutes 09.00-09.45am With Coline	The Lagree Method 09.00-09.45am With Coline	The Lagree Method 09.00-09.45am With Coline	Vinyasa Flow 9.00-10.00am With Liesl
	The Lagree Method 10.00-10.45am With Coline	Core Flow 10.00-10.45am With Coline	The Lagree Method 10.00-10.45am With Coline	Stretching 10.00-10.45am With Coline	The Lagree Method 10.00-10.45am With Coline	
					Core Flow 11.00-11.45am With Coline	