



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	Morning walk along the coast 8.30-10.45 With Coline	
Vinyasa Flow 9.00-10.00 With Liesl	The Lagree Method 09.00-09.45 With Coline	Core Flow 10.00-10.45am With Coline	The Lagree Method 09.00-09.45 With Coline	Abs and Glut 09.00-09.45 With Coline		Vinyasa Flow 9.00-10.00 With Liesl
	Core Flow 10.00-10.45am With Coline	The Lagree Method 10.00-10.45 With Coline	Signature Motion 10.00-10.45 With Coline	Stretching 10.00-10.45am With Coline		
					The Lagree Method 11.00-11.45am With Coline	